

Hydration & Digestive Flow Log

Track your daily water intake and digestive health. This can help identify connections between hydration, digestion, and overall comfort.

Date	Water Intake (oz)	Caffeine Intake (Y/N)	Fiber Intake (Low/Med/High)	Bowel Movement (Y/N)	BM Description (1-7)	Notes

Tips:

- Use the Bristol Stool Chart (1-7) to describe bowel movement type.
- Track fiber sources: fruits, veggies, grains, etc.
- Note patterns related to hydration, stress, or foods.

