

Gut Health Habit Tracker

Week Commencing

___ / ___ / ___

Small changes to your diet and lifestyle can have a big impact on your gut health. Use this weekly tracker to monitor these 5 key gut health habits.



Diet

Goal: 30 plant points per week

Fibre is found in plants (e.g., fruits, vegetables, wholegrain carbohydrates, legumes, nuts and seeds) and feeds your gut bacteria. A high fibre diet can increase the number and types of 'good' bacteria living in your gut. Aim to eat 30 different plants per week.

Plant points are an easy way of monitoring and encouraging your fibre intake from different plant sources. Count your plant points using our handy tracker.

Counting your plant points

Points are counted for any whole plants - fruits, vegetables, wholegrains (e.g., wholegrain bread, pasta, rice, oats), legumes (e.g., tinned beans, lentils, chickpeas), and portions of nuts/seeds you eat. Herbs, spices, EVOO, tea and coffee count as ¼ point.

Whole plants



Herbs & spices



Extra virgin olive oil (EVOO)



Tea & coffee



You can count a point for any different type or colour of plant
 e.g., 1 red apple + 1 green apple = 2 points
 1 portion of wholegrain pasta = 1 point
 1 portion of almonds + 1 portion of chia seeds = 2 points

e.g., 1 green tea + 1 peppermint tea = ½ point
 whereas 2 green teas = ¼ point

Note: coffee and EVOO only count once per week

Whole plants = 1 point

	M	T	W	T	F	S	S
Fruits							
Vegetables							
Legumes							
Wholegrains							
Nuts/Seeds							

The extras = ¼ point

	M	T	W	T	F	S	S
EVOO*							
Herbs/Spices							
Coffee*							
Tea							

*Remember these only count once per week

Weekly total:



Mindfulness

M T W T F S S

Goal: 10 mins daily

Mindfulness is the act of being intentionally present, allowing us to feel calmer and less stressed. It has been associated with improved physical, mental and gut health.

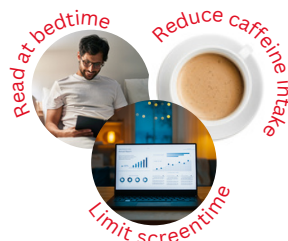


Sleep

M T W T F S S

Goal: 7-9 hours of sleep

Irregular sleep is associated with poorer diet quality and reduced gut bacteria diversity. Getting enough high-quality sleep could improve your gut health, and vice versa.



Hydrate

M T W T F S S

Goal: 8+ glasses of fluid

Hydration is important for digestion and overall gut health. Check-off when you drink 8+ glasses (~1.5-2L) of fluid daily. This includes tea and coffee.



Exercise

M T W T F S S

Goal: 30 mins daily

Exercise increases the diversity of your gut bacteria and increases the growth of beneficial bacteria in the gut, both of which can support immune function.



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Week Commencing

19 / 03 / 24

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Whole plants



Herbs & spices



Extra virgin olive oil (EVOO)



Tea & coffee



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1 portion of wholegrain pasta = 1 point
1 portion of almonds + 1 portion of chia seeds = 2 points

e.g., 1 green tea + 1 peppermint tea = 1/2 point
whereas 2 green teas = 1/4 point

Note: coffee and EVOO only count once per week

Whole plants = 1 point

	M	T	W	T	F	S	S
Fruits	3	2		2	1	2	
Vegetables	2	2	1	2		2	2
Legumes		1			1		1
Wholegrains	1		1			1	
Nuts/Seeds		2		1			2

The extras = 1/4 point

	M	T	W	T	F	S	S
EVOO*			1/4				
Herbs/Spices	1/2			1		1 1/2	
Coffee*	1/4						
Tea		1/4			1/4		

*Remember these only count once per week

Weekly total: 36



Mindfulness



Goal: 10 mins daily

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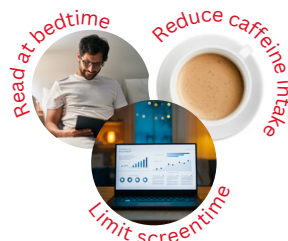


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