



# The *Wellness* Program

## Homework Worksheet

Name: \_\_\_\_\_

### 7+ Days of Tracking

Use this chart to record your water and fiber intake for 7+ days. It takes longer than 7 days to form a new habit. If drinking enough water (1/2 your weight in ounces daily) and/or consuming enough fiber (25g for women and 38g for men) is a challenge for you, continue tracking until a better habit is formed around these two markers.

DATE	Water Consumed (by 8oz glasses)										Grams of Fiber

### The 3 P's

Use this chart to record 2 of the 3 P's for 7+ days. Use the Bristol Stool Chart (found online under references) to chart your bowel movement type (#1-7).

DATE	Bowel Movement Time and Type #	Bowel Movement Time and Type #	Bowel Movement Time and Type #	Did you Sweat today?

## TEST YOUR TRANSIT TIME AT HOME

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### TO TEST BOWEL TRANSIT TIME

1. Choose on the following: 2 tbsp white sesame seeds; 4 charcoal tablets; 1/2 cup of corn; 1/2 cup cooked beets\*
2. If using sesame seeds or corn, try swallowing them as whole as possible. If using charcoal tablets, simply swallow the tablets. If using beets, chew them thoroughly before swallowing.
3. Make note of the date and time you consumed the food.
4. Make note(s) of the date and time you first see the sign of that food in your stool, and the last date and time you see the sign of food in your stool.

### TO TEST FOR PROPER STOMACH ACID AND GUT FLORA

1. Thoroughly chew and swallow approximately 1 cup of cooked beets.
2. Observe your urine immediately after consumption. If you see a change in color from clear-yellow to relish-pink, you may be lacking stomach acid and beneficial gut flora for proper digestion.

Food Consumed	DATE	TIME
First Sign		
Last Sign		
Total Transit Time		

\*Important- If you have a known allergy to ANY of these foods, do NOT use them for this test. If you have diverticulitis, colitis, or any know issues that may affect your large intestines, do NOT use the sesame seeds.