

# 30-Day Cleanse Tracker & Journal

## How to Use This Journal

Use this journal to track your daily symptoms, supplements, diet, and progress throughout your cleanse. Consistent tracking helps you and your healthcare provider spot patterns and fine-tune your protocol.

Print multiple copies of the daily log pages (one per day) to use throughout your cleanse.

### Personal Information

- Name: \_\_\_\_\_
- Start Date: \_\_\_\_\_
- Age: \_\_\_\_\_
- Protocol Type: \_\_\_\_\_
- Weight (Start): \_\_\_\_\_
- Weight (End): \_\_\_\_\_
- Primary Symptoms: \_\_\_\_\_
- Healthcare Provider: \_\_\_\_\_
- Emergency Contact: \_\_\_\_\_

### Daily Log Template

Print 30 copies of this page, one for each day of your cleanse.

**Day \_\_\_ Date: \_\_\_\_\_**

#### Morning Check-In

- Sleep Quality (1 to 10): \_\_\_\_\_
- Hours Slept: \_\_\_\_\_
- Energy Level (1 to 10): \_\_\_\_\_
- Mood (1 to 10): \_\_\_\_\_
- Morning Bowel Movement: Yes / No
- Stool Consistency (Bristol 1 to 7): \_\_\_\_\_

#### Supplements Taken Today

- Supplement: \_\_\_\_\_ Dose: \_\_\_\_\_ Time: \_\_\_\_\_ Notes: \_\_\_\_\_
- Supplement: \_\_\_\_\_ Dose: \_\_\_\_\_ Time: \_\_\_\_\_ Notes: \_\_\_\_\_
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Metric: \_\_\_\_\_ Start of Week: \_\_\_\_\_ End of Week: \_\_\_\_\_ Change: \_\_\_\_\_

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## Weekly Reflection

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What went well this week?

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What challenges did you face?

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What adjustments will you make next week?

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Any concerns to discuss with your healthcare provider?

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This journal is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Individual results vary. Consult a qualified healthcare professional before beginning any new health protocol.