

Digestive Health Observations Checklist

Adapted from Integrative Psychiatry Master Class by Janet Settle, MD

Directions: Read the item in the "Observation" column and circle the answer that most closely fits you from one of the two choices in that row.

Observation:	Habits & Signs of a Healthy GI Tract	Habits & Signs of a Unhealthy GI Tract
Frequency of bowel movements (BM's) >>>	1 or 2 regular & easy BM's daily.	Fewer than 1 BM every 2 days or more than 3 BMs daily.
Quality of bowel movements >>>	Soft, but formed. No evidence of undigested food.	Too soft or loose. Too hard. Painful BM. Contains undigested food.
Appetite >>>	Adequate.	Poor.
Diversity of Foods Eaten >>>	Eat a variety of foods daily with lots of fruits & veggies..	Eat few kinds of food, usually from 1 main food group.
Nutritional quality of foods eaten >>>	Organic &/or free of chemical additives, high-nutrient density, non-GMO.	High calorie, but low-nutrient density, GMO, chemical additives.
Cravings >>>	No cravings.	Food cravings.
Energy level >>>	Good throughout the day.	Poor.
How you feel after eating >>>	Feel good after eating & for several hours.	Feel better when not eating, feel full too fast, stomach aches, nausea or heartburn after eating.
Abdominal pain >>>	Rarely,	Frequently.
Nausea & vomiting >>>	Rarely,	Frequently.
Other GI symptoms like burping, excess gas, bloating, cramping, or heartburn >>>	Rarely,	Frequently.

Scoring: If you have more than 3 of the signs circled in the "Unhealthy GI Tract" column, it is recommended that you contact your health care provider to discuss.