WEEK ONE

Record your meals (even if they don't follow the reset), bowel movements, skin appearance and symptoms as frequently as possible! This information is amazing for our health professionals and will help us identify any nutritional/gut health links to your acne.

Food journal

MONDAY TUESDAY WEDNESDAY	Y THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast: Breakfast: Breakfast:	Breakfast :	Breakfast :	Breakfast :	Breakfast :
Lunch: Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner: Dinner: Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snacks: Snacks: Snacks:	Snacks:	Snacks:	Snacks:	Snacks:

TYPE 1 TYPE 2 TYPE 3 TYPE 5 TYPE 6 TYPE 7

Separate hard lumps, like nuts

(hard to pass)

Sausage shaped but lumpy

Like a sausage but with cracks on Like a sausage or snake, smooth it's surface and soft

Soft blobs with clear-cut edges (passed easily)

Fluffuy pieces with ragged edges. a mushy stool

Water, no solid pieces. Entirely liquid.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Туре:	Type:	Type:	Type:	Type:	Type:	Type:	
Frequency:							

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
o mild o medium o severe o clear							
supplements?							

WEEK TWO

Record your meals (even if they don't follow the reset), bowel movements, skin appearance and symptoms as frequently as possible! This information is amazing for our health professionals and will help us identify any nutritional/gut health links to your acne.

Food journal

MONDAY TUESDAY WEDNESDAY	Y THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast: Breakfast: Breakfast:	Breakfast :	Breakfast :	Breakfast :	Breakfast :
Lunch: Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner: Dinner: Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snacks: Snacks: Snacks:	Snacks:	Snacks:	Snacks:	Snacks:

Poo tracker TYPE 1 TYPE 2 TYPE 3 TYPE 5 TYPE 6 TYPE 7

Separate hard lumps, like nuts Sausage shaped but lumpy (hard to pass)

Like a sausage but with cracks on Like a sausage or snake, smooth it's surface and soft

Soft blobs with clear-cut edges (passed easily)

Fluffuy pieces with ragged edges. a mushy stool

Water, no solid pieces. Entirely liquid.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Туре:	Type:	Туре:	Type:	Type:	Туре:	Type:	
Frequency:							

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
o mild o medium o severe o clear							
supplements?							

WEEK THREE

Record your meals (even if they don't follow the reset), bowel movements, skin appearance and symptoms as frequently as possible! This information is amazing for our health professionals and will help us identify any nutritional/gut health links to your acne.

Food journal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast:	Breakfast :	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast :
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:

TYPE 1 TYPE 2 TYPE 3 TYPE 5 TYPE 6 TYPE 7

Separate hard lumps, like nuts

(hard to pass)

Sausage shaped but lumpy

Like a sausage but with cracks on Like a sausage or snake, smooth it's surface and soft

Soft blobs with clear-cut edges (passed easily)

Fluffuy pieces with ragged edges. a mushy stool

Water, no solid pieces. Entirely liquid.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Туре:	Type:	Type:	Type:	Type:	Type:	Type:	
Frequency:							

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
o mild o medium o severe o clear						
supplements?						

WEEK FOUR

Record your meals (even if they don't follow the reset), bowel movements, skin appearance and symptoms as frequently as possible! This information is amazing for our health professionals and will help us identify any nutritional/gut health links to your acne.

Food journal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast:	Breakfast :	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast :
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:

Poo tracker TYPE 1 TYPE 2 TYPE 3 TYPE 5 TYPE 6 TYPE 7

Separate hard lumps, like nuts Sausage shaped but lumpy (hard to pass)

Like a sausage but with cracks on Like a sausage or snake, smooth it's surface and soft

Soft blobs with clear-cut edges (passed easily)

Fluffuy pieces with ragged edges. a mushy stool

Water, no solid pieces. Entirely liquid.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Type:	Type:	Type:	Туре:	Type:	Туре:	Type:
Frequency:						
			^			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
o mild o medium o severe o clear						
supplements?						

WEEK FIVE

Record your meals (even if they don't follow the reset), bowel movements, skin appearance and symptoms as frequently as possible! This information is amazing for our health professionals and will help us identify any nutritional/gut health links to your acne.

Food journal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast :	Breakfast:	Breakfast :	Breakfast:	Breakfast:	Breakfast:	Breakfast :
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:

Pootracker TYPE 4 TYPE 1 TYPE 2 TYPE 3 TYPE 5 TYPE 6 TYPE 7

(hard to pass)

Separate hard lumps, like nuts

Like a sausage but with cracks on lit's surface Like a sausage or snake, smooth and soft

Soft blobs with clear-cut edges (passed easily)

Fluffuy pieces with ragged edges. a mushy stool

Water, no solid pieces. Entirely liquid.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Type:	Туре:	Type:	Type:	Type:	Type:	Type:
Frequency:						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
o mild o medium o severe o clear						
supplements?						