



Tummy Peace

A 30 Day Food & Symptom Journal for
Colitis Care

by Misti Flowers

Hi Friend!

If you've found this journal, chances are you're looking for a little peace in your belly and your life. This 30 days journal is here to help you listen to your body with compassion and track what truly helps.

No guilt, no rules - just awareness, support and healing.

With care,
Misti



DAILY TRACKER



Day 1

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 2

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 3

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 4

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 5

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 6

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 7

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:



WEEKLY CHECK-IN



Week 1

DATE: _____

WHAT’S WORKING WELL

FOODS THAT FELT SAFE:

NOTICED TRIGGERS:

GOALS FOR NEXT WEEK:

INSPIRATION OR AFFIRMATION:

DAILY TRACKER



Day 8

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 9

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER

Day 10



DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 11

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 12

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 13

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 14

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:



WEEKLY CHECK-IN



Week 2

DATE: _____

WHAT’S WORKING WELL

FOODS THAT FELT SAFE:

NOTICED TRIGGERS:

GOALS FOR NEXT WEEK:

INSPIRATION OR AFFIRMATION:

DAILY TRACKER



Day 15

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 16

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 17

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 18

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 19

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 20

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 21

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:



WEEKLY CHECK-IN

Week 3



DATE: _____

WHAT’S WORKING WELL

FOODS THAT FELT SAFE:

NOTICED TRIGGERS:

GOALS FOR NEXT WEEK:

INSPIRATION OR AFFIRMATION:

DAILY TRACKER



Day 22

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 23

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 24

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 25

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 26

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 27

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 28

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:



WEEKLY CHECK-IN



Week 4

DATE: _____

WHAT’S WORKING WELL

FOODS THAT FELT SAFE:

NOTICED TRIGGERS:

GOALS FOR NEXT WEEK:

INSPIRATION OR AFFIRMATION:

DAILY TRACKER



Day 29

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 30

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

DAILY TRACKER



Day 31

DATE: _____

MEALS & SNACKS:

HYDRATION:

BOWEL MOVEMENTS:

SYMPTOMS:

SLEEP QUALITY:

STRESS LEVELS:

REFLECTIONS:

MONTHLY CHECK-IN



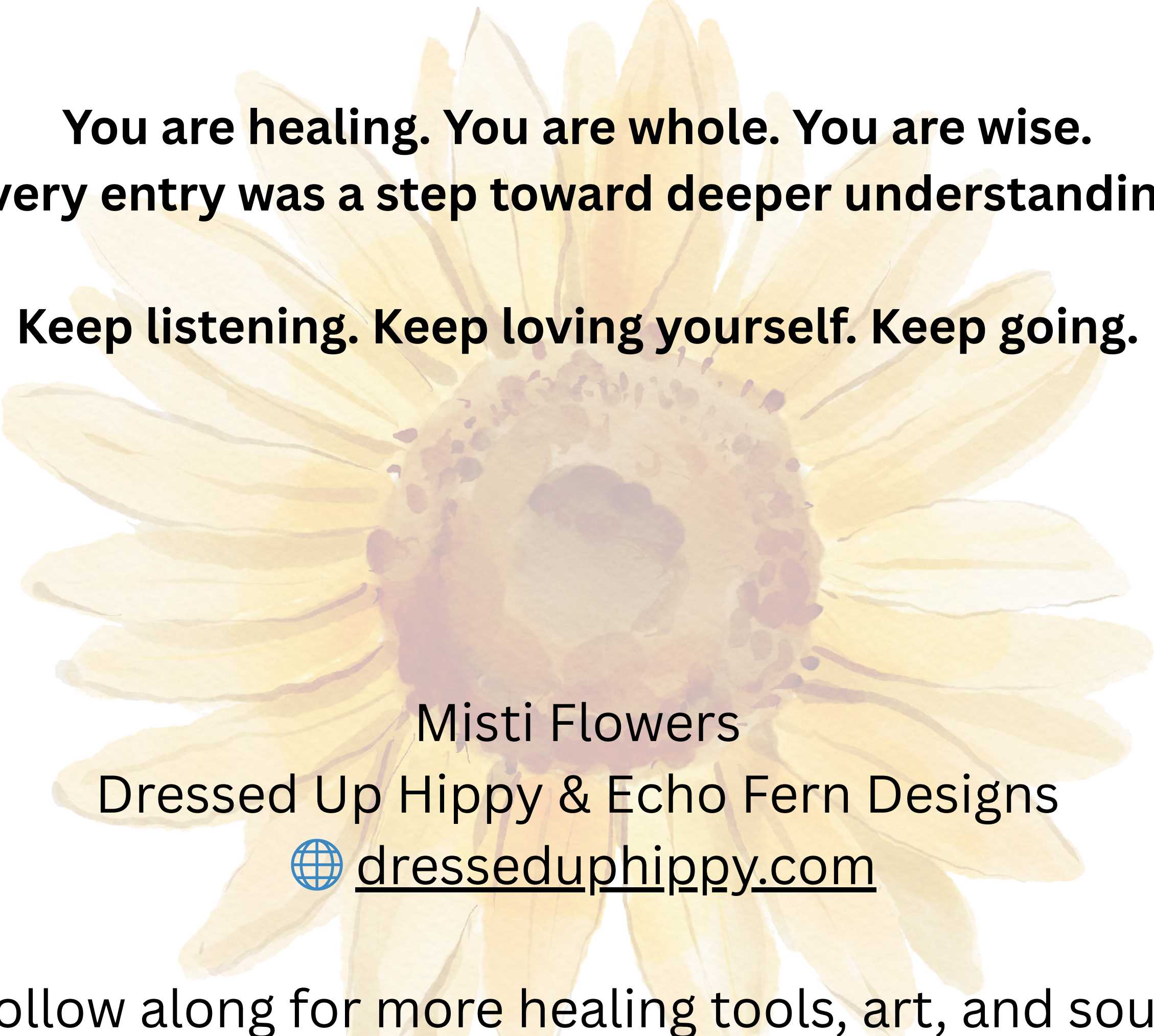
DATE: _____



ADDED THOUGHTS:

GOALS FOR NEXT MONTH:

INSPIRATION OR AFFIRMATION:



**You are healing. You are whole. You are wise.
Every entry was a step toward deeper understanding.
Keep listening. Keep loving yourself. Keep going.**

Misti Flowers
Dressed Up Hippy & Echo Fern Designs
 dresseduphippy.com

Follow along for more healing tools, art, and soul-centered resources.

“Trust the process. Even the messy parts.”