

Name/Age: Jonell Francis, 56



My Leaky Gut Symptom Tracker

Rate your symptoms on a scale of 1-10 each week of your Reboot. If symptoms are easily quantifiable like body weight, blood pressure or blood sugars, measure and note those weekly rather than rating them 1 to 10. At the end of 30 days if some symptoms remain, you'll want to Reboot another month to see them all resolve. Be sure to celebrate your success as you go. We'd love to hear about it in the 30 Day Reboot Challenge Facebook Group. We're cheering you on!

Day 30 8/6/20	Day 23 7/28/20	Day 16 7/21/20	Day 9 7/14/20	Start Date 7/5/20	My Gut Linked Symptoms:
		4 (128)	6 (130)	10 (136)	Unwanted weight gain. Starting weight: 136, Target weight: 125
		8	9	10	Cracked Heels/Dry Skin
		8	9	10	Sandy feeling in Eyes upon waking
		8	9	10	Fatigue - Morning/Afternoon (Commit to bed by 10:30p, for 8 hrs sleep)
		10	10	10	Eyesight Blurry/Eye Fatigue in afternoon
		7	9	10	Neuralgia - Burning sensation in right heel (I notice this at night in bed)
		45	52	60	Total Weekly Symptom Count: (Add up columns to quantify Symptom Relief each Week.)