

Appendix C: Gut Rhythm & Routine Daily Checklist

Supporting Step 3 of the Gut Rhythm Starter Plan: Rebuild Your Rhythm + Reinforce It With Routine

This checklist helps you stay consistent with the daily practices that retrain your gut's internal motility reflexes (**Step 3A**) and reinforce them with external structure (**Step 3B**).

Use it to:

- Build momentum with rhythm-based routines
- Spot gaps or patterns that may need adjusting
- Reflect on how your gut is responding day to day

If you're consistently struggling in one area, that's feedback — not failure.

Whether it's working together 1:1 (BC residents only) or finding a dietitian, counsellor, or pelvic floor physiotherapist, **support is available.**



Step 3B: Reinforce Rhythm with Routine (External Structure)

| Meal Timing | M | T | W | T | F | S | S |
|--|---|---|---|---|---|---|---|
| Ate 3–5 meals, spaced 3–4 hours apart | | | | | | | |
| Ate breakfast within 1–2 hours of waking | | | | | | | |
| Avoided skipping meals or long fasting windows | | | | | | | |

| Meal Hygiene | M | T | W | T | F | S | S |
|--|---|---|---|---|---|---|---|
| Sat down to eat (no multitasking or screens) | | | | | | | |
| Took 3–5 deep breaths before eating | | | | | | | |
| Ate slowly and chewed thoroughly | | | | | | | |

| Sleep & Wake Rhythm | M | T | W | T | F | S | S |
|--|---|---|---|---|---|---|---|
| Slept 7–9 hours last night | | | | | | | |
| Woke at a consistent time (even on weekends) | | | | | | | |
| Got natural light within 30–60 minutes of waking | | | | | | | |
| Limited screen time 1–2 hours before bed | | | | | | | |

| Movement | M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|---|
| Moved gently (walk, stretch, yoga, etc.) | | | | | | | |
| Avoided intense exercise before morning BM (if backed up) | | | | | | | |
| Took movement breaks during long periods of sitting | | | | | | | |

| Stress Buffering | M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|---|
| Aimed for 1 micro-reset (10–30 second) every hour during the day (e.g., deep belly breath, drop tension in shoulders or belly, etc) | | | | | | | |
| Practiced a nervous system ritual (stretch, breath, forest bathing, etc) | | | | | | | |
| Met basic needs (ate when hungry, peed when needed, paused when tired) | | | | | | | |

Daily Reflection

What felt easy or supportive today?

What felt hard or inconsistent?

Any wins, insights, or patterns you're noticing?

Symptom & Bowel Movement Monitoring

This section is not about judgment — it's about context. Tracking helps you understand your patterns and adjust with confidence and compassion.

Had a bowel movement today: (leave Notes on timing, ease, or stool type)

| M | T | W | T | F | S | S |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | | | | | | |

| Did you experience any of the following today? | M | T | W | T | F | S | S |
|--|---|---|---|---|---|---|---|
| Bloating | | | | | | | |
| Gas | | | | | | | |
| Abdominal discomfort or pain | | | | | | | |
| Nausea or queasiness | | | | | | | |
| Feeling of incomplete evacuation | | | | | | | |

Symptom & Bowel Movement Monitoring (Continued.)

Any patterns or connections you noticed?

Daily Rhythm & Routine Summary

Consistency—not perfection—is what creates change.

Every small action you take today is helping retrain your gut's internal reflexes and reinforce them with daily routines that support motility, regulation, and ease. Even if symptoms aren't fully resolved yet, you're building a system your gut can rely on.

Keep showing up for your rhythm and routines.

They're the foundation for lasting relief.

And if you find yourself stuck, unsure, or needing help troubleshooting...

Book a Gut Clarity Call to get personalized guidance and explore what's really keeping you blocked.

BOOK FREE CALL

(BC Residents ONLY)

LEARN MORE

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