

# ENDO KICKERS DAILY HABIT TRACKER

DATE: .....

## HEALTHY EATING

SYMPTOMS:

MORNING

Four white rounded rectangular boxes with a small white triangle pointing to the right, stacked vertically for symptom entry.

A large white rounded rectangular box for morning healthy eating notes.

AFTERNOON

A large white rounded rectangular box for afternoon healthy eating notes.

BOWEL MOVEMENT

Four horizontal dotted lines for recording bowel movement frequency.

EVENING

A large white rounded rectangular box for evening healthy eating notes.

EXERCISE

Three rows, each starting with a dumbbell icon followed by a horizontal dotted line for exercise tracking.

GENERAL MOOD TODAY

WATER   
.....  
 SCORE (OUT OF 10):

