

Gut Health 12-Week Plan

Small, steady habits for fiber, fermented foods, sleep, stress and movement. Tick a box each day you hit the week's focus.

Weeks 1-4: Foundation

- Add one extra serving of vegetables, fruit, legumes, or whole grains each day, building toward 25-30+ grams of fiber.
- Include one fermented food daily if you tolerate it.
- Swap one ultra-processed snack for nuts, fruit, or yogurt.
- Aim for 7-9 hours of sleep and 20-30 minutes of movement most days.

Weeks 5-12: Build

- Aim for 20-30 different plant foods per week.
- Rotate two or three fermented foods.
- Practice a stress-management habit for 10 minutes daily.
- Build toward 150 minutes of activity weekly.

Month 3 and beyond: Maintain

- Keep variety high and processed foods low.
- Notice what improves: regularity, less bloating, energy.
- Ask your clinician before starting supplements, and seek help for persistent symptoms.

Week-by-week tracker

Week	Focus	M	T	W	T	F	S	S
Week 1	Add one extra plant serving daily	☐	☐	☐	☐	☐	☐	☐
Week 2	Add a daily fermented food you tolerate	☐	☐	☐	☐	☐	☐	☐
Week 3	Swap one ultra-processed snack for nuts, fruit or yogurt	☐	☐	☐	☐	☐	☐	☐
Week 4	Protect sleep (7-9 h) and move 20-30 min most days	☐	☐	☐	☐	☐	☐	☐
Week 5	Count your plant foods: aim for 20+ different ones	☐	☐	☐	☐	☐	☐	☐
Week 6	Try a new legume or whole grain	☐	☐	☐	☐	☐	☐	☐
Week 7	Rotate two or three fermented foods	☐	☐	☐	☐	☐	☐	☐
Week 8	Add a 10-minute daily stress habit	☐	☐	☐	☐	☐	☐	☐
Week 9	Build toward 150 minutes of activity	☐	☐	☐	☐	☐	☐	☐
Week 10	Aim for 25-30+ g fiber most days	☐	☐	☐	☐	☐	☐	☐
Week 11	Notice what helps: regularity, bloating, energy	☐	☐	☐	☐	☐	☐	☐
Week 12	Keep the habits that work; plan your next 12 weeks	☐	☐	☐	☐	☐	☐	☐

Go gradually: raise fiber over two to three weeks and drink enough fluid. With IBS, start with lower-FODMAP choices. See a clinician for blood in stool, unintended weight loss, persistent vomiting, severe pain or a change in bowel habits lasting more than three weeks.