

DIGESTIVE ADVANTAGE™ Irritable Bowel Syndrome

P E R S O N A L P R O G R E S S T R A C K E R

How am I feeling today?

KEY	
Excellent	I feel great! No digestive upsets.
Good	Few if any digestive upsets.
Fair	Less upsets than normal, but still having digestive upsets.
Poor	Mild to moderate upsets.
Very Poor	Moderate to severe digestive upsets.

	Week 1							Week 2							Week 3							Week 4						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Excellent																												
Good																												
Fair																												
Poor																												
Very Poor																												
Did I take DA IBS today?																												
How many pills?																												
Did I exercise today?																												
	Notes							Notes							Notes							Notes						

Use this area to keep a log of the many factors that may trigger or relieve your digestive upsets (e.g. spicy foods, stressful day, exercised, etc.).

How to use your Personal Progress Tracker

At the end of every day, ask yourself, "How do I feel today?" Then, use the Key to help you decide which box to mark.

What you can expect

Over time, you should begin to see that you are having more good days and improving. However, since everyone may experience different degrees of progress, it's important to give your digestive system enough time to adjust to Digestive Advantage IBS. If you're not marking the Excellent and Good boxes immediately, don't worry. It can take up to four weeks for the product to take effect. Just be patient and let Digestive Advantage IBS help your digestive system begin to normalize. For best results, exercise daily, reduce stress, and eat a healthy, balanced diet.



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