

WEEKLY FERMENTATION LOG

Print & track mood, energy, digestion

Week of: _____

Your Name: _____

Day	Recipe Fermented	Mood (1-10)	Energy (1-10)	Digestion Notes	Stool (Bristol 1-7)	Other
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

WEEKLY REFLECTION: What worked? Bloating? Energy shift?

Science Tip: Track short-chain fatty acids (SCFAs) rise from ferments like *Gundruk* (Jha et al., 2018)