

Gut Healing Tracker

Signs, Symptoms & Progress



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Signs of Possible Gut Permeability

If your pet is experiencing several of these, their gut lining may be inflamed or compromised. Use this as a reference as we begin healing work.

Digestive Issues

- 🐾 Loose stools or diarrhea
- 🐾 Constipation
- 🐾 Vomiting (chronic or intermittent)
- 🐾 Gas or bloating
- 🐾 Unusual stool odor or mucus in stool

Behavior & Energy

- 🐾 Lethargy
- 🐾 Anxiety or irritability
- 🐾 Food obsession or loss of appetite
- 🐾 Pacing or restlessness
- 🐾 Trouble setting or relaxing

Skin & Coat Clues

- 🐾 Itchy skin
- 🐾 Frequent paw licking or chewing
- 🐾 Hot spots
- 🐾 Dull coat or excessive shedding
- 🐾 Chronic ear infections

Immune System Clues

- 🐾 Frequent infections
- 🐾 Autoimmune conditions
- 🐾 Anal gland issues
- 🐾 Poor vaccine response
- 🐾 New allergies or sensitivities

Weekly Symptom Tracking Grid

Track key signs weekly to see how your pet responds as their gut heals. You can circle numbers or use dots to mark mild/moderate/severe

Week #	Stool Quality	Energy Level	Skin/Itching	Mood/Behavior
1				
2				
3				
4				
5				

Healing Milestones-What to Expect

- Week 1-2 Slight stool improvement, less itching
- Week 3-4 Better energy, fewer digestive episodes
- Week 5-6 Skin looks clearer, fewer mood swings
- Week 7-8 More stable appetite
- Week 9-12 Fewer flare-ups, consistent immune response

