

Gut Health Self-Assessment Tool

Instructions

This self-assessment is designed to help you evaluate aspects of your gut health. Rate each statement on a scale of 0-3:

- 0 = Never or rarely (less than once a month)
- 1 = Sometimes (a few times a month)
- 2 = Often (weekly)
- 3 = Frequently (multiple times per week or daily)

Physical Symptoms

Symptom	0	1	2	3	Score
I experience bloating after meals					
I have abdominal discomfort or pain					
I experience gas or flatulence					
I have irregular bowel movements (constipation or diarrhea)					
I feel fatigued after eating					
I experience heartburn or acid reflux					
I notice undigested food in my stool					
I have bad breath despite good oral hygiene					
Physical Symptoms Subtotal					

Diet and Lifestyle

Factor	0	1	2	3	Score
I consume processed foods or fast food					
I consume sugary foods or beverages					
I drink alcohol					
I take antibiotics or other medications that affect gut health					
I experience high levels of stress					
I get less than 7 hours of sleep most nights					
I rarely consume fermented foods (yogurt, kefir, kimchi, etc.)					
I eat fewer than 5 servings of fruits and vegetables daily					
Diet and Lifestyle Subtotal					

Mind-Body Connection

Symptom	0	1	2	3	Score
I experience brain fog or difficulty concentrating					
I feel anxious or experience mood swings					
I have food cravings, particularly for sugar or carbohydrates					
I experience sleep disturbances					
I have skin issues (acne, rashes, eczema)					
I get frequent colds or infections					
I experience joint pain or inflammation					
I feel tired even after a full night's sleep					
Mind-Body Connection Subtotal					

Scoring and Interpretation

Total Score: _____ (Add all three subtotals)

Interpretation:

0-12: Optimal Gut Health Your gut appears to be functioning well. Continue with your healthy habits and consider adding more diverse plant foods to further support gut microbiome diversity.

13-24: Mild Gut Imbalance You may be experiencing some gut health issues. Consider increasing fiber intake, adding fermented foods, managing stress, and improving sleep quality.

25-48: Moderate Gut Imbalance Your symptoms suggest a notable gut imbalance. Focus on an anti-inflammatory diet, consider a probiotic supplement, reduce processed foods and sugar, and implement stress management techniques.

49-72: Significant Gut Concerns Your symptoms indicate potentially significant gut health issues. We recommend consulting with a healthcare provider specializing in digestive health for personalized guidance and potential testing.

Next Steps

Based on your score, here are some initial steps you might consider:

Dietary Changes

- Increase fiber intake through diverse plant foods
- Add fermented foods (yogurt, kefir, sauerkraut, kimchi)
- Reduce processed foods, sugar, and artificial ingredients
- Stay well hydrated with clean water

Lifestyle Modifications

- Implement stress management techniques (meditation, deep breathing)
- Establish consistent sleep schedule
- Engage in regular physical activity
- Consider intermittent fasting (consult healthcare provider first)

Supplements (consult healthcare provider before starting)

- Probiotics
- Digestive enzymes
- L-glutamine
- Omega-3 fatty acids

Professional Guidance

If your score is 25 or higher, consider consulting with:

- Functional medicine practitioner
- Gastroenterologist
- Registered dietitian specializing in gut health

Disclaimer: This self-assessment tool is for educational purposes only and is not intended to diagnose or treat any medical condition. Please consult with a qualified healthcare professional for personalized advice.