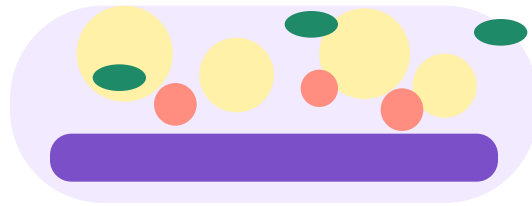


COMFORT MIND BODY

# 7-Day Gentle Fiber Ramp-Up Checklist

A fun, calm way to add more fiber without overwhelming your gut.



**Small steps. More water. Less gut drama.**

Use this checklist to add fiber gently, notice your body, and avoid the all-at-once mistake.

Made by Anna & Sushi

# Your 7-Day Fiber Ramp-Up

One tiny action per day. Check it off, sip water, and notice how your body responds.

1

## Start With A Gut Check

No pressure today. Just notice.

- Write your baseline: bloating, gas, bowel pattern, water, and usual fiber foods.

2

## Add One Fiber Breakfast

Keep it familiar and gentle.

- Try oats, berries, chia, flax, or whole-grain toast. Keep the portion normal.

3

## Make Lunch More Planty

Color counts.

- Add one easy plant: greens, carrots, lentils, beans, potatoes, or fruit.

4

## Try A Tiny Boost

Small means small.

- If tolerated, add 1 tsp chia/flax or a small serving of gentle fiber powder.

5

## Walk After One Meal

Movement helps the gut routine.

- Take a 5-10 minute easy walk after a meal. No workout required.

6

## Choose A Fiber Snack

Fun snack, not diet punishment.

- Try apple slices, berries, carrots with hummus, yogurt with seeds, or popcorn.

7

## Review And Repeat

Your body gives data.

- Circle what felt best. Repeat the easiest 2-3 habits next week.

## Comfort Mind Body Rule

If fiber makes symptoms worse, pause and step back. More is not always better, especially when the gut is sensitive.

# Fiber Choices By Gut Mood

Pick the gentlest next step. You do not need to do everything at once.

## I feel backed up

Try: water, walking, oats, kiwi, beans/lentils slowly, psyllium only if tolerated.

## I feel gassy

Try: smaller portions, slower fiber increases, cooked vegetables, and fewer big bean servings at once.

## I feel sensitive

Try: simple meals, PHGG-style gentle fiber if appropriate, and one change at a time.

## I feel rushed

Try: slower meals, a short walk, and a tiny fiber add-on instead of a full routine makeover.

## Pause And Ask First If...

- severe abdominal pain, vomiting, fever, blood in stool, or black stools
- chronic diarrhea, severe constipation, unexplained weight loss, or trouble swallowing
- pregnancy, breastfeeding, immune concerns, major illness, or medication timing questions

## Next Step

Read the Best Gut Health Supplements guide at [comfortmindbody.com](https://www.comfortmindbody.com)

Educational only. Not medical advice. Ask a qualified professional for severe, ongoing, or unusual symptoms.