CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Improving Gut Health

A healthy gut supports digestion, immunity, and overall well-being. Use this checklist to improve your gut health.

11 steps | Print-ready A4



NAME	START	TARGET DATE

1 **Eat Fiber-Rich Foods**

Include fruits, vegetables, whole grains, and legumes in your diet.

EXAMPLE *Add chia seeds or oats to your breakfast.*

2 **Incorporate Probiotics**

Consume foods rich in beneficial bacteria.

EXAMPLE *Yogurt, kefir, sauerkraut, or kimchi.*

3 **Add Prebiotic Foods**

Feed your gut bacteria with prebiotic-rich foods like bananas, onions, and garlic.

PREVIEW



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PREVIEW