

BONUS #3

THE 7-DAY PAIN, STOOL & WATER TRACKER

Track patterns. Reduce guessing. Stay consistent.

DAILY CHECK-IN

- Water _____
- Stool Type _____
- Pain Level _____
- Straining _____
- Sitz Bath _____

A companion bonus for The 7-Day Hemorrhoid Relief & Recovery Protocol

How to Use This Tracker

This bonus is not just a worksheet. It is your daily accountability system. Hemorrhoid discomfort often feels confusing because people forget what they ate, how much water they drank, how long they sat on the toilet, or whether they strained. This tracker helps you stop guessing and start seeing patterns.

The goal

Use this tracker for 7 days to observe your water intake, fiber meals, stool type, pain level, bleeding pattern, straining habits, toilet time, and warm comfort care. The more honest your tracking is, the easier it becomes to know what to adjust.

Use it in 3 minutes every evening:

- Tick what you completed.
- Record stool type using the simple 1-7 guide.
- Record pain level from 0-10.
- Write one trigger you noticed and one action for tomorrow.

Important safety note

This tracker does not diagnose or treat disease. Rectal bleeding, severe pain, dizziness, fever, worsening symptoms, or symptoms that do not improve should be discussed with a qualified healthcare professional.

Your Simple Stool Type Guide

Healthcare providers often use stool consistency charts to understand bowel patterns. For hemorrhoid comfort, the goal is usually an easier-to-pass stool that does not require forceful straining. Cleveland Clinic describes the Bristol Stool Chart as a seven-type scale based on stool shape and consistency.

Use this simplified guide when filling your daily tracker:

Type	What it looks/feels like	What it may suggest	Action focus
1	Separate hard lumps	Constipation pattern	Water + fiber + avoid straining
2	Lumpy sausage shape	Still hard to pass	Increase fluids and fiber gradually
3	Sausage with cracks	Closer to comfortable	Keep routine steady
4	Smooth, soft sausage	Often easier to pass	Maintain habits
5	Soft blobs	May be loose	Watch triggers
6	Mushy pieces	Loose stool	Hydrate; note food triggers
7	Watery	Diarrhea pattern	Seek care if persistent/worrying

Your target

Aim for easier, softer stool that passes without force. Do not chase perfection. The main goal is to reduce pressure and avoid straining.

Before You Start: Your Baseline Page

Fill this page before Day 1. It gives you a starting point so you can compare your progress at the end of the week.

Question	Your answer
Average water intake per day	_____
Average stool type lately	1 2 3 4 5 6 7
Average pain level lately	0 1 2 3 4 5 6 7 8 9 10
Do you often strain?	Yes / No / Sometimes
Do you sit on the toilet for long?	Yes / No / Sometimes
Common triggers you already suspect	_____ _____
Your main goal this week	_____ _____

Do not skip this

A baseline makes the product feel more real to the buyer. It also helps them notice small improvements they may otherwise miss.

DAY 1 TRACKER

Use this page at night. Do not aim for perfection. Aim for patterns. If symptoms worsen, use the red-flag page and seek professional help.

Water	Fiber Meals	Stool Type	Pain 0-10	Bleeding?	Strained?	Toilet <5min?	Sitz Bath?
___ cups	0 1 2 3	1 2 3 4 5 6 7	___	Y / N	Y / N	Y / N	Y / N

- I drank water steadily today.
- I ate at least 2 fiber-supporting meals.
- I avoided forcing or pushing hard.
- I did not sit on the toilet scrolling.
- I used warm comfort care if needed.
- I noticed one trigger to avoid tomorrow.

Notes for today

What improved?

What triggered discomfort?

What will I change tomorrow?

Tonight's 30-second review
 If your stool was Type 1 or 2, tomorrow's priority is water + fiber + no straining. If bleeding was heavy, persistent, or unusual, do not ignore it - seek medical care.

DAY 2 TRACKER

Use this page at night. Do not aim for perfection. Aim for patterns. If symptoms worsen, use the red-flag page and seek professional help.

Water	Fiber Meals	Stool Type	Pain 0-10	Bleeding?	Strained?	Toilet <5min?	Sitz Bath?
___ cups	0 1 2 3	1 2 3 4 5 6 7	___	Y / N	Y / N	Y / N	Y / N

- I drank water steadily today.
- I ate at least 2 fiber-supporting meals.
- I avoided forcing or pushing hard.
- I did not sit on the toilet scrolling.
- I used warm comfort care if needed.
- I noticed one trigger to avoid tomorrow.

Notes for today

What improved?

What triggered discomfort?

What will I change tomorrow?

Tonight's 30-second review
 If your stool was Type 1 or 2, tomorrow's priority is water + fiber + no straining. If bleeding was heavy, persistent, or unusual, do not ignore it - seek medical care.

DAY 3 TRACKER

Use this page at night. Do not aim for perfection. Aim for patterns. If symptoms worsen, use the red-flag page and seek professional help.

Water	Fiber Meals	Stool Type	Pain 0-10	Bleeding?	Strained?	Toilet <5min?	Sitz Bath?
___ cups	0 1 2 3	1 2 3 4 5 6 7	___	Y / N	Y / N	Y / N	Y / N

- I drank water steadily today.
- I ate at least 2 fiber-supporting meals.
- I avoided forcing or pushing hard.
- I did not sit on the toilet scrolling.
- I used warm comfort care if needed.
- I noticed one trigger to avoid tomorrow.

Notes for today

What improved?

What triggered discomfort?

What will I change tomorrow?

Tonight's 30-second review
 If your stool was Type 1 or 2, tomorrow's priority is water + fiber + no straining. If bleeding was heavy, persistent, or unusual, do not ignore it - seek medical care.

DAY 4 TRACKER

Use this page at night. Do not aim for perfection. Aim for patterns. If symptoms worsen, use the red-flag page and seek professional help.

Water	Fiber Meals	Stool Type	Pain 0-10	Bleeding?	Strained?	Toilet <5min?	Sitz Bath?
___ cups	0 1 2 3	1 2 3 4 5 6 7	___	Y / N	Y / N	Y / N	Y / N

- I drank water steadily today.
- I ate at least 2 fiber-supporting meals.
- I avoided forcing or pushing hard.
- I did not sit on the toilet scrolling.
- I used warm comfort care if needed.
- I noticed one trigger to avoid tomorrow.

Notes for today

What improved?

What triggered discomfort?

What will I change tomorrow?

Tonight's 30-second review
 If your stool was Type 1 or 2, tomorrow's priority is water + fiber + no straining. If bleeding was heavy, persistent, or unusual, do not ignore it - seek medical care.

DAY 5 TRACKER

Use this page at night. Do not aim for perfection. Aim for patterns. If symptoms worsen, use the red-flag page and seek professional help.

Water	Fiber Meals	Stool Type	Pain 0-10	Bleeding?	Strained?	Toilet <5min?	Sitz Bath?
___ cups	0 1 2 3	1 2 3 4 5 6 7	___	Y / N	Y / N	Y / N	Y / N

- I drank water steadily today.
- I ate at least 2 fiber-supporting meals.
- I avoided forcing or pushing hard.
- I did not sit on the toilet scrolling.
- I used warm comfort care if needed.
- I noticed one trigger to avoid tomorrow.

Notes for today

What improved?

What triggered discomfort?

What will I change tomorrow?

Tonight's 30-second review
 If your stool was Type 1 or 2, tomorrow's priority is water + fiber + no straining. If bleeding was heavy, persistent, or unusual, do not ignore it - seek medical care.

DAY 6 TRACKER

Use this page at night. Do not aim for perfection. Aim for patterns. If symptoms worsen, use the red-flag page and seek professional help.

Water	Fiber Meals	Stool Type	Pain 0-10	Bleeding?	Strained?	Toilet <5min?	Sitz Bath?
___ cups	0 1 2 3	1 2 3 4 5 6 7	___	Y / N	Y / N	Y / N	Y / N

- I drank water steadily today.
- I ate at least 2 fiber-supporting meals.
- I avoided forcing or pushing hard.
- I did not sit on the toilet scrolling.
- I used warm comfort care if needed.
- I noticed one trigger to avoid tomorrow.

Notes for today

What improved?

What triggered discomfort?

What will I change tomorrow?

Tonight's 30-second review
 If your stool was Type 1 or 2, tomorrow's priority is water + fiber + no straining. If bleeding was heavy, persistent, or unusual, do not ignore it - seek medical care.

DAY 7 TRACKER

Use this page at night. Do not aim for perfection. Aim for patterns. If symptoms worsen, use the red-flag page and seek professional help.

Water	Fiber Meals	Stool Type	Pain 0-10	Bleeding?	Strained?	Toilet <5min?	Sitz Bath?
___ cups	0 1 2 3	1 2 3 4 5 6 7	___	Y / N	Y / N	Y / N	Y / N

- I drank water steadily today.
- I ate at least 2 fiber-supporting meals.
- I avoided forcing or pushing hard.
- I did not sit on the toilet scrolling.
- I used warm comfort care if needed.
- I noticed one trigger to avoid tomorrow.

Notes for today

What improved?

What triggered discomfort?

What will I change tomorrow?

Tonight's 30-second review
 If your stool was Type 1 or 2, tomorrow's priority is water + fiber + no straining. If bleeding was heavy, persistent, or unusual, do not ignore it - seek medical care.

7-Day Summary Review

At the end of Day 7, use this review page to understand what changed and what still needs attention.

Paragraph('caseSensitive': 1 'encoding': 'utf8' 'text': 'Review Point' 'frags': [ParaFrag(__tag__='para', bold=1, fontName='Helvetica-Bold', fontSize=8.5, greek=0, italic=0, link=[], rise=0, text='Review Point', textColor=Color(1,1,1), us_lines=[])] 'style': 'bulletText': None 'debug': 0) #Paragraph	Paragraph('caseSensitive': 1 'encoding': 'utf8' 'text': 'Your notes' 'frags': [ParaFrag(__tag__='para', bold=1, fontName='Helvetica-Bold', fontSize=8.5, greek=0, italic=0, link=[], rise=0, text='Your notes', textColor=Color(1,1,1), us_lines=[])] 'style': 'bulletText': None 'debug': 0) #Paragraph
Best stool type this week	_____
Hardest stool day	_____
Highest pain day	_____
Most common trigger	_____
Best habit you followed	_____
Habit you need to improve	_____
Do symptoms need medical attention?	Yes / No / Not sure

Your next step
 Repeat the tracker for another 7 days if it helps. If symptoms are severe, worsening, persistent, or unusual, do not depend on tracking alone - speak with a professional.

Red Flags: When Tracking Is Not Enough

This tracker is for awareness and consistency. It is not for ignoring warning signs. Some symptoms need professional medical attention because rectal bleeding and anal pain can have causes other than hemorrhoids.

Seek professional help urgently if you notice:

- Heavy bleeding, persistent bleeding, or bleeding that worries you.
- Black stool, very dark stool, dizziness, weakness, or fainting.
- Severe pain that does not calm down.
- Fever, pus, swelling, or signs of infection.
- A lump that becomes very painful, hard, or does not improve.
- Symptoms that continue despite self-care or keep getting worse.
- Any new rectal bleeding if you are unsure of the cause.

Remember

Self-care works best when it is safe. If something feels unusual, serious, or frightening, do not delay medical care.

Printable Quick Tracker Card

Screenshot or print this page. It is a quick version for days when you do not want to fill the full tracker.

Paragraph('caseSensitive': 1 'encoding': 'utf8' 'text': 'Today' 'frags': [ParaFrag(__tag__='para', bold=1, fontName='Helvetica-Bold', fontSize=8.5, greek=0, italic=0, link=[], rise=0, text='Today', textColor=Color(1,1,1), us_lines=[])] 'style': 'bulletText': None 'debug': 0) #Paragraph	Paragraph('caseSensitive': 1 'encoding': 'utf8' 'text': 'Result' 'frags': [ParaFrag(__tag__='para', bold=1, fontName='Helvetica-Bold', fontSize=8.5, greek=0, italic=0, link=[], rise=0, text='Result', textColor=Color(1,1,1), us_lines=[])] 'style': 'bulletText': None 'debug': 0) #Paragraph
Water	___ cups
Fiber meals	0 / 1 / 2 / 3
Stool type	1 2 3 4 5 6 7
Pain level	0 1 2 3 4 5 6 7 8 9 10
Bleeding	Yes / No
Straining	Yes / No
Toilet under 5 minutes	Yes / No
Warm comfort care	Yes / No
Tomorrow's focus	Water / Fiber / No straining / Medical care

Final note: The buyer who tracks is the buyer who stays consistent. Consistency reduces confusion, increases confidence, and helps them follow the main 7-day protocol properly.

Research Notes & Safety Sources

This bonus was built around widely recommended conservative self-care principles: fiber and fluids for easier stool passage, avoiding straining and long toilet sitting, warm sitz bath comfort care, and medical evaluation for persistent or worrying symptoms.

- NIDDK: hemorrhoid eating, diet, nutrition, fiber and fluids guidance.
- Mayo Clinic: hemorrhoid self-care, warm sitz bath guidance, and symptom management.
- Cleveland Clinic: Bristol Stool Chart and sitz bath education.
- MedlinePlus/NIH: high-fiber foods, fluids, avoiding straining, and limiting time on the toilet.

Product positioning note

This bonus should be marketed as a tracker and self-care support tool. Do not claim that it cures hemorrhoids, stops bleeding permanently, or replaces medical care.