Symptom and diet report

FODMAPP

Compilation of self-recorded entries in FODMAPP

Example with fictitious data. It shows what a real report looks like, but does not relate to any real person.

Reporting period	Days with a symptom log	Created
31/08/2026 – 29/09/2026 (30 days)	**29 of 30 days**	**29/09/2026**

Summary

Figures and standard sentences generated by the app from the entries, without assessment.

Pain (0–10)

Days with a symptom log	**29 / 30**
Days with pain	**24**
Mean daily highest	**3.9**
Days with pain 7–10	**5**
Days logged with no symptoms	**5**

Bowel movements (Bristol 1–7)

Total recorded	**42**
Bristol 1–2	**10%**
Bristol 3–5	**60%**
Bristol 6–7	**31%**
Urgency	**11 / 42**

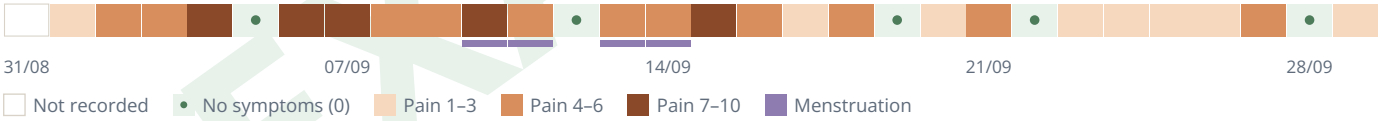
Symptoms (number of logs)

Logs with symptoms	**51**
Bloating	**41**
Cramps	**29**
Gas	**26**
Diarrhea	**15**

- First log with symptoms in FODMAPP: 16/08/2026.
- Bowel movements per day (days with entries): mean 1.8, maximum 3.
- Medication recorded (number of days): Buscopan (5), Movicol (4), Ibuprofen 400 mg (4), Imodium (2), Paracetamol 1 g (1).
- Days with menstruation recorded: 4.
- Meals recorded: 50. FODMAP content according to the app's food database: high 19, moderate 8, low 23, unknown 0.

Days in the period

One box per day in the period, shaded by the highest pain recorded that day.



Information provided by the user

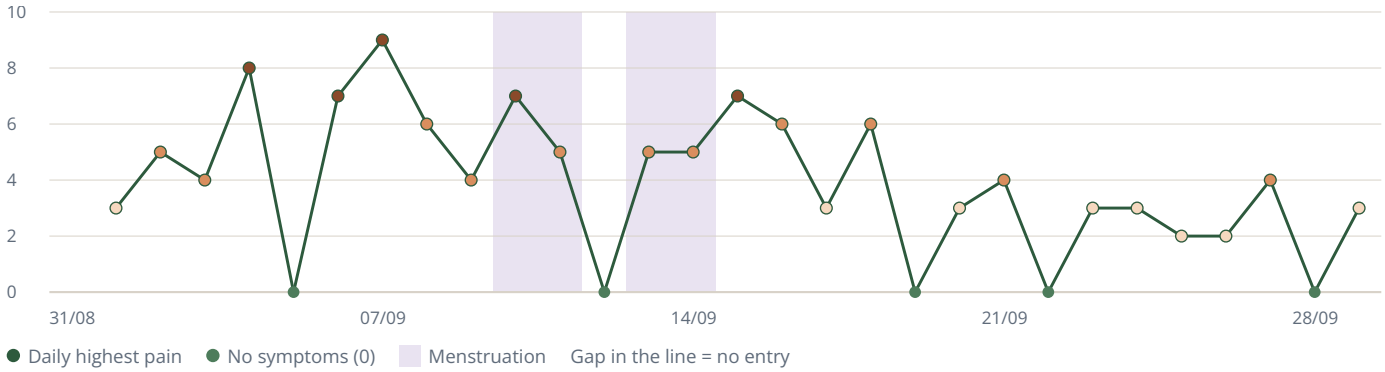
Entered by the user during the app's setup. Not assessed by a healthcare professional.

Describes their gut as	Switches back and forth (IBS-M)
Symptoms known to the user	Bloating, Stomach pain, Diarrhea, Constipation, Gas
Has had symptoms for	1–5 years
Own suspicions about foods	Onion, Milk, Beans
Previously tried	Cut out foods on my own, Read and googled a lot (Har kuttet ut enkelte matvarer, men usikker på om det faktisk er riktig)

EXAMPLE

Pain over time

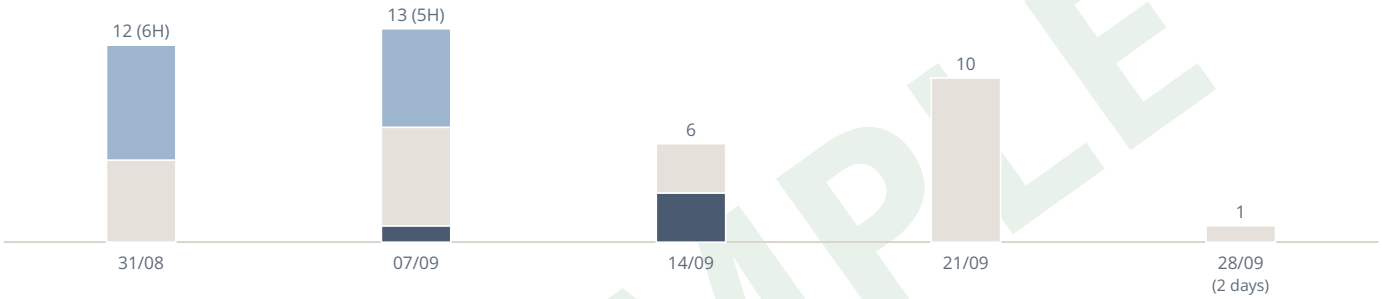
Daily highest recorded pain (0–10). The line is broken on days without entries.



● Daily highest pain ● No symptoms (0) Menstruation Gap in the line = no entry

Bowel movements per week

Number of recorded bowel movements per week, by Bristol type.



Bristol 1–2 (hard) Bristol 3–5 Bristol 6–7 (loose) (nH) = n with urgency

Calendar

Daily highest pain (number), with markers for menstruation and medication.

No symptoms (0) Pain 1–3 Pain 4–6 Pain 7–10 Not recorded
Menstruation Medication taken * Meal with high FODMAP content

August 2026

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2026

Mo	Tu	We	Th	Fr	Sa	Su
	1* 3	2 5	3* 4	4* 8	5 0	6* 7
7* 9	8* 6	9* 4	10* 7	11* 5	12 0	13* 5
14* 5	15* 7	16* 6	17 3	18* 6	19 0	20 3
21 4	22 0	23 3	24 3	25 2	26 2	27 4
28 0	29 3	30				

EXAMPLE

Consecutive days

Runs of consecutive days with the same kind of entry.

Type	Date ranges
Logged with no symptoms (at least 3 days in a row)	None
Pain 7–10 (at least 2 days in a row)	06/09–07/09 (2 days)
No symptom log (at least 3 days in a row)	None

Logs with symptoms by time of day: 00–06: 3 · 06–12: 9 · 12–18: 25 · 18–24: 14.

Meals

The most frequently recorded meals in the period. FODMAP content is the app's estimate from a general food database.

Meal	Count	FODMAP content
Porridge with blueberries	5	Low
Crispbread with egg	4	Low
Cod with potatoes and carrots	3	Low
Chicken soup with leek and onion	3	High
Salmon with potatoes and broccoli	3	Low
Cheese sandwich	3	Moderate
Chicken and feta salad	3	Low
Apple cake	2	High
Ham omelette	2	Low
Green smoothie with apple	2	High
Garlic bread	2	High
Margherita pizza	2	High

Medication, sleep, menstruation and stress

As recorded by the user in the symptom logs.

Medication (as entered)	Days	Last recorded
Buscopan	5	16/09/2026
Movicol	4	15/09/2026
Ibuprofen 400 mg	4	14/09/2026
Imodium	2	15/09/2026
Paracetamol 1 g	1	07/09/2026

- Sleep the night before: good 6, fair 4, poor 6 (number of logs).
- Days with menstruation recorded: 4 (10/09–11/09 (2 days), 13/09–14/09 (2 days)).
- Logs with high stress (7–10): 12 of 56.

EXAMPLE

About the data

- All information has been recorded by the user themselves in FODMAPP. The app has not assessed it, and the report contains no diagnosis or treatment advice.
- Pain is the user's own rating on a scale from 0 to 10 in each log, where 0 means no symptoms. "Daily highest" is the highest value logged on that day, and its mean is calculated over all days with a symptom log.
- Bowel movements are recorded using the Bristol Stool Scale, from 1 (hard) to 7 (liquid). The report groups the types as 1–2, 3–5 and 6–7.
- The FODMAP content of meals is an estimate from the app's general food database.
- Days without entries are not the same as days without symptoms.
- Daily figures refer to calendar days in the user's local time.

EXAMPLE

Appendix: day by day

All entries in the period, newest first. Free-text notes are not included.

Date	Symptom logs (time, pain, symptoms)	Stools	Meals	Other
29/09 Tu	09:30 3/10 Bloating 11:30 3/10 Bloating, Gas	07:13 B4	Cheese sandwich Chicken and feta salad	Slept fairly well
28/09 Mo	20:30 0/10 no symptoms			
27/09 Su	07:56 2/10 Bloating, Gas 16:22 4/10 Bloating, Gas	06:00 B4	Chicken and feta salad Banana Salmon with potatoes and broccoli	Slept well
26/09 Sa	07:23 2/10 Bloating, Gas, Cramps	06:10 B4 16:36 B3	Porridge with blueberries Lactose-free milk Chicken stir-fry with rice	Slept well
25/09 Fr	07:45 2/10 Gas, Cramps 10:40 2/10 Bloating, Gas	06:36 B4 21:23 B5	Crispbread with egg Banana Salmon with potatoes and broccoli	
24/09 Th	12:41 3/10 Bloating, Gas, Cramps 17:23 2/10 Gas, Bloating 19:40 2/10 Bloating	08:54 B4	Ham omelette Crispbread with egg	Slept fairly well
23/09 We	22:54 3/10 Gas	07:40 B5 12:20 B5	Crispbread with egg Cod with potatoes and carrots	Slept well
22/09 Tu	20:30 0/10 no symptoms			
21/09 Mo	09:33 4/10 Bloating, Cramps 17:06 3/10 Bloating, Cramps, Gas, Nausea 21:00 3/10 Halsbrann	07:35 B4 15:24 B3	Cheese sandwich Chicken and feta salad Oat biscuits	Slept poorly
20/09 Su	13:40 3/10 Bloating, Cramps 15:28 3/10 Gas, Bloating	07:18 B3	Cheese sandwich	
19/09 Sa	20:30 0/10 no symptoms			
18/09 Fr	09:57 3/10 Constipation, Bloating 20:25 6/10 Bloating, Gas	07:06 B3	Chicken and onion wrap * Chocolate protein bar * Salmon with potatoes and broccoli	Slept poorly
17/09 Th	16:11 3/10 Constipation, Cramps	07:26 B1	Crispbread with egg	
16/09 We	15:37 6/10 Bloating, Cramps, Gas, Nausea 15:47 3/10 Constipation, Bloating, Cramps	07:06 B1	Lentil soup * Beef and potato hash	Buscopan
15/09 Tu	01:50 7/10 Cramps, Bloating, Diarrhea 11:11 4/10 Constipation, Bloating, Cramps 17:36 4/10 Bloating, Gas	08:12 B4	Garlic bread * Green smoothie with apple *	Imodium, Movicol Slept poorly
14/09 Mo	17:30 3/10 Constipation, Bloating, Gas 22:04 5/10 Bloating, Gas	08:57 B1	Tacos with onion and sour cream *	Menstruation Ibuprofen 400 mg Slept well
13/09 Su	12:17 2/10 Constipation 19:04 4/10 Constipation, Cramps, Gas 19:08 5/10 Cramps, Nausea	07:19 B1	Porridge with blueberries Apple cake *	Menstruation Ibuprofen 400 mg, Movicol Slept fairly well
12/09 Sa	20:30 0/10 no symptoms			
11/09 Fr	16:18 5/10 Bloating, Cramps 17:46 3/10 Constipation, Bloating, Cramps, Gas	07:21 B3	Latte and a bread roll Chicken soup with leek and onion *	Menstruation Ibuprofen 400 mg, Movicol
10/09 Th	03:15 7/10 Cramps, Gas 14:30 5/10 Cramps, Bloating 18:37 7/10 Bloating, Cramps, Gas, Diarrhea	06:58 B7 H 14:49 B5	Porridge with blueberries Chicken soup with leek and onion *	Menstruation Ibuprofen 400 mg, Buscopan Slept poorly
09/09 We	18:32 4/10 Diarrhea, Cramps, Bloating, Gas	08:37 B7 16:39 B5 17:39 B5	Pasta bolognese *	

EXAMPLE

Date	Symptom logs (time, pain, symptoms)	Stools	Meals	Other
08/09 Tu	13:08 3/10 Bloating, Gas 22:32 5/10 Diarrhea, Cramps 23:14 6/10 Bloating, Cramps, Diarrhea	07:27 B6 H 12:14 B7 H 17:19 B5	Plain yoghurt with raspberries Margherita pizza *	Buscopan Slept poorly
07/09 Mo	15:20 7/10 Cramps, Diarrhea, Bloating 16:16 4/10 Diarrhea, Cramps, Bloating 21:05 9/10 Cramps, Diarrhea, Nausea	06:23 B7 H 11:04 B5 20:20 B6 H	Garlic bread * Margherita pizza *	Buscopan, Paracetamol 1 g
06/09 Su	16:38 3/10 Diarrhea, Bloating 17:30 5/10 Bloating, Gas 23:26 7/10 Bloating, Cramps, Diarrhea	08:10 B7 10:03 B5 17:58 B7 H	Porridge with blueberries Apple * Chili con carne *	
05/09 Sa	20:30 0/10 no symptoms			
04/09 Fr	02:40 8/10 Cramps, Diarrhea, Bloating 17:59 5/10 Bloating, Gas, Cramps 20:26 6/10 Bloating, Cramps, Diarrhea	06:37 B7 15:13 B5 17:08 B6 H	Porridge with blueberries Chicken soup with leek and onion * Green smoothie with apple *	Buscopan Slept poorly
03/09 Th	17:24 4/10 Diarrhea, Bloating	08:46 B7 H 21:13 B7 H 21:27 B5	Chicken tikka masala with rice *	Slept well
02/09 We	12:56 5/10 Diarrhea, Bloating 14:46 5/10 Diarrhea, Cramps, Bloating, Gas	06:49 B6 H 21:25 B5 H	Ham omelette Cod with potatoes and carrots	Imodium Slept well
01/09 Tu	17:52 3/10 Constipation, Bloating, Gas	06:43 B3	Apple cake * Cod with potatoes and carrots	Movicol Slept fairly well

B = Bristol type, H = urgency, * = high FODMAP content according to the app's food database.

EXAMPLE