

DIGESTION REPORT • DAYS 1-14 OF THE AUDIT

Your first 14 days of digestion data

A smart sensor turns every visit to the toilet into clear data about your digestion — no clinic, at home.



This is a sample of the report that lands in your inbox after 14 days of the Gutiva audit. All the numbers are illustrative (example person: male, 29, active sportsman) — your report will be built exclusively on your own data.

WHAT THE REPORT IS FOR

We don't show you one “good” or “bad” number. We show you **your own baseline** — the band your digestion normally runs in — and above all **the deviations from it**: when your data started to swing and what in your food and rhythm came before it. After 14 days you'll see connections that would never have occurred to you. After 30 days you have a guide for what to experiment with.

14 days

of continuous data from the sensor, with nothing extra to do

7 views

of your digestion — from baseline to the wearables sync

10 pages

including the day-by-day diary next to the sensor data

WHAT'S IN THE REPORT

7 views of your digestion

Each view links the sensor data with what you log in the app. All in one overview.

01

Your baseline

What your ordinary stool looks like on the Bristol scale — and how far you drift from it day by day. The metric that matters most.

02

Consistency and shape

Where on the 1-7 scale your stool sits and how the shape develops over time.

03

Rhythm and frequency

How often and when you go, how long you spend, and how long the movement itself takes.

04

Food and patterns

Which foods line up with steadier stool in your data — and which line up with the swings.

05

Volume and remnants

How stool volume and undigested remnants develop — and what in the data relates to their changes.

06

Gutiva stability score

One number a day summarising consistency, volume, remnants and rhythm into a 0-100 % overview.

07

Wearables sync

Optionally connect a smartwatch or band — we look for links between movement, sleep, heart rate, HRV and your stool.

HOW THE SENSOR CAPTURES YOUR DATA

Every record in a better light

The sensor scans the stool in RGB and infrared light. The combination gives it better conditions to capture colour, shape, volume and undigested remnants more precisely and more consistently than the naked eye can. It remembers every visit and gradually builds a long-term map of your digestion. You do nothing extra.

Consistency

Shape on the Bristol scale 1-7.

Volume

An estimate of each stool's volume.

Remnants

Undigested food remnants.

Rhythm

Frequency, timing and duration.

These metrics come together. Based on Gutiva's own extensive research we calculate a Gutiva stability score for every day a movement occurs. After 14 days you already see connections; after 30 days you have a guide.

GUTIVA STABILITY SCORE

One number for every day

A score of 0-100 % sums up how close your stool was to your settled baseline. It isn't a grade — it's a quick signal of how the day turned out and whether it's worth a second look.

below 30 %

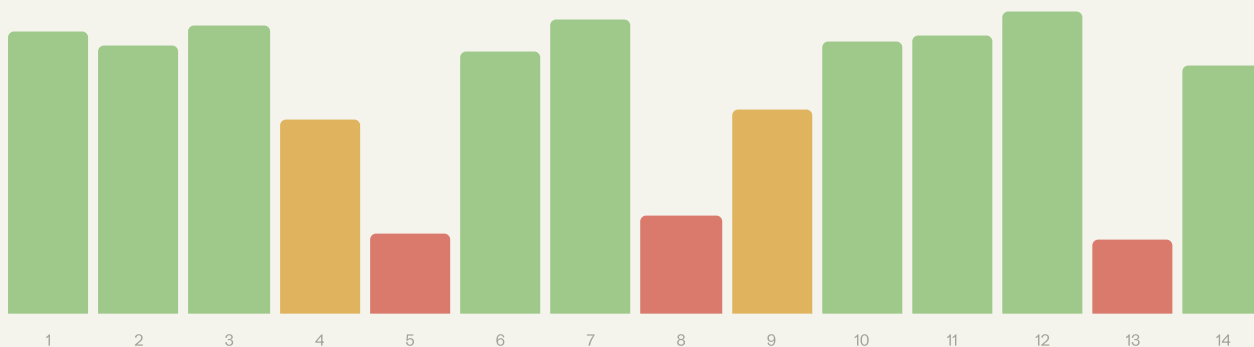
A marked swing away from your baseline. In the data it typically lines up with fast food, alcohol or a notably low fibre intake.

35-70 %

Your gut could be doing better. It may point to training load, a lower fibre intake, or a food that throws your digestion off.

above 70 %

Digestion is working very well — the stool holds to your settled baseline and keeps its own rhythm.

Your score, day by day

14-day average: 67 % · 9 days above 70 % · 2 days 35-70 % · 3 days below 30 % (days 5, 8 and 13).

What we read from this: Your digestion has firm ground under its feet, but three sharper swings showed up — and none of them is chance. The dairy days (4, 5, 9) pushed the score down, day 8 dropped because of very low fibre (hard stool and long straining) and day 13 because of a party. The day after every swing the score climbed back — your gut recovers quickly.

RHYTHM AND FREQUENCY

When, how often and how long

The sensor records every visit — how many times a day you go, how long you spend, how long the movement itself lasts (from the first stool to the last drop) and at what time you go.

1.4×

average frequency per day (20 visits)

7.9 min

average time on the toilet per day

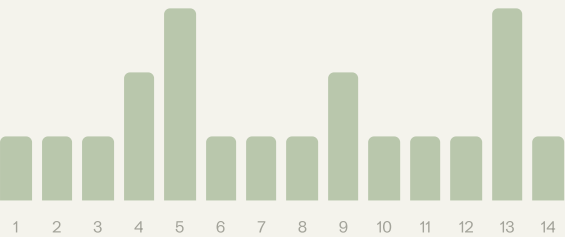
19 s

average duration of the movement

7:35

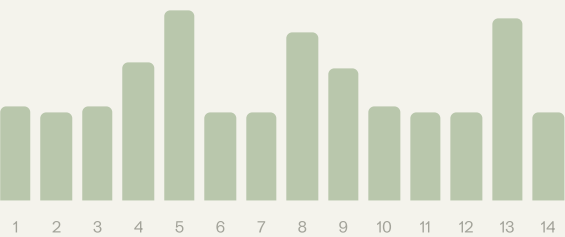
average time of the visit

Frequency (visits / day)



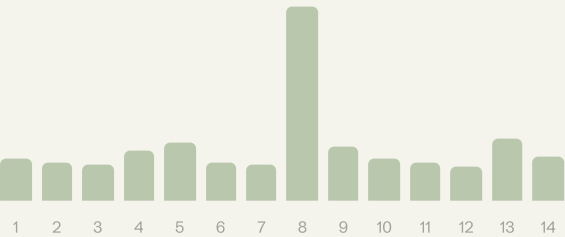
10 days just once (a firm rhythm). Twice on the dairy days, three times with loose stool and after the party.

Time on the toilet (min)



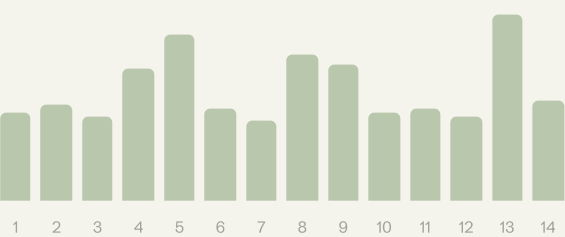
Longer days = more visits (5, 13) or straining with hard stool (8).

Duration of the movement (s)



Day 8 stands out (80 s) — low fibre, hard stool (type 2), long straining.

What time you go



Baseline 6:00-10:00, average 7:35. Day 13 also had a night visit at 23:40 — the chart shows its morning time.

What we read from this: You have a strong morning rhythm — on 9 of 14 days a single quick visit shortly after 7:00. It wobbled on the dairy days (4, 5, 9), on the low-fibre day (8) and after the party (13).

THE METRIC THAT MATTERS MOST

Your baseline on the Bristol scale

The Bristol scale describes stool consistency from 1 (hard lumps) to 7 (watery). Your baseline is the band your stool normally moves in. The most valuable information isn't a single number but the deviation from your baseline — that's what shows when, and with what, your data started to swing.

4.8

your baseline (band
4.3–5.3)

9 / 14

days inside your
baseline

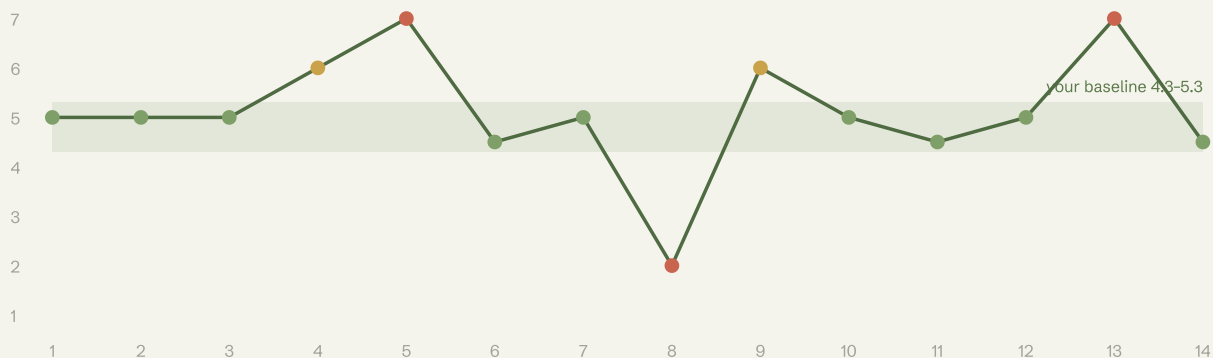
5 days

with a deviation (3
marked, 2 mild)

14 / 14

days with a stool
record

Consistency over 14 days



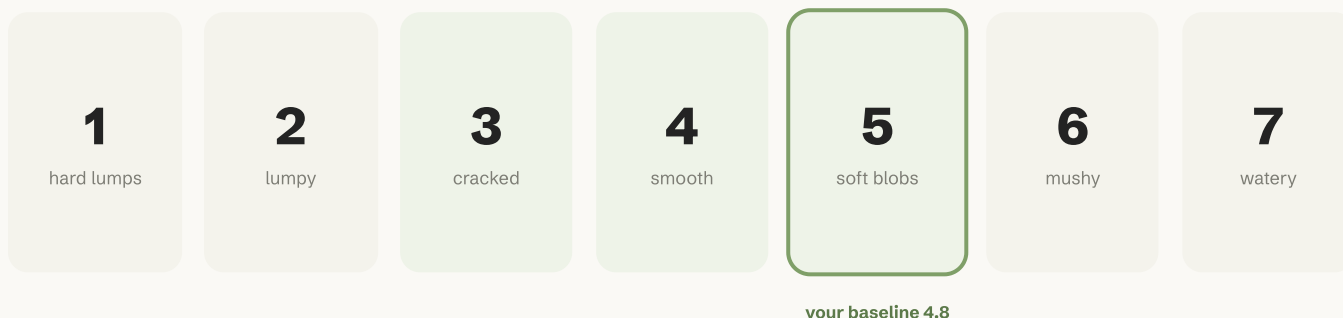
Day of the audit · green = within baseline · amber = mild deviation · red = marked deviation

What we read from this: Your baseline sits at type 4.8 and you stayed inside it on 9 of 14 days. The deviations upwards to looser stool (type 6–7) came on days with dairy — days 4 and 9 mildly, day 5 markedly (type 7). Day 8 dropped the other way to type 2 — the lowest fibre intake and the longest movement of the whole period. Day 13 (type 7) followed the party. The detailed food breakdown is on page 8.

CONSISTENCY AND SHAPE

Where you sit on the 1-7 scale

Shape and consistency are the fastest window into how well the gut is keeping up with digestion. Type 1-2 means everything is moving slowly (often too little fibre or fluid), type 3-5 is the healthy formed range, type 6-7 means everything is moving too fast.



Types 3-5 are the healthy formed range. Your baseline sits at type 4.8 — on the softer edge of that range, close to type 5.

Variation in shape

Over 14 days your shape moved between type 2 and 7, with its centre of gravity around type 4.8. On most days the variation is low — a firm rhythm — but three days stepped out sharply (5, 8, 13), so a straight line alone isn't much to lean on.

Direction of the deviations

Four of the five deviations went above baseline (looser stool) — the most frequent trigger is dairy. Only day 8 went the other way, down to type 2 (harder) — low fibre and the longest movement of the period.

Why shape matters: Consistency reacts to food faster than anything else — often within 24-48 hours. It's the most sensitive signal the sensor gives you, which is why we take it as the foundation of your baseline.

FOOD × YOUR DATA

What lines up with stability

We linked the food diary from your app with the sensor data. These are the eight strongest patterns from the first 14 days — ordered from those that hold your stability to those that upset it. These are connections in your data, not general recommendations and not a diagnosis. The complete diary is on the next page.

FOOD / FACTOR	THE PATTERN IN YOUR DATA · WHY IT MAKES SENSE	DIRECTION
Tomatoes and vegetables	Days 3, 7 and 12 (highest scores, 86–90 %) — water, potassium and fibre hold both volume and form.	stability ↑
Soluble fibre oats, buckwheat, banana	Days 2, 11 and 14 within baseline — beta-glucan and pectin bind water and shape stool into type 4–5.	stability ↑
Fermented foods sauerkraut	Day 12 (best day, 90 %) — live cultures and organic acids support the gut microbiome.	stability ↑
Enough fluids	Days with a higher water intake had a shorter movement and a smoother form — water softens but holds shape.	stability ↑
Dairy	Days 4, 5 and 9 — a shift above baseline (type 6–7), scores 24–61 %. In people sensitive to lactose it acts osmotically and speeds transit.	stability ↓
Caffeine 2+ cups of coffee	Days 5 and 9 (3 cups) — caffeine stimulates colonic motility and secretion, which deepened the looseness.	stability ↓
Low fibre	Day 8 (fried food, few vegetables) — hard stool (type 2), a score of 29 % and the longest movement of the period (80 s).	stability ↓
Alcohol + fast food	Day 13 (a party) — the sharpest swing of the period: type 7, three visits, a score of 22 %. Both alcohol and fat speed transit.	stability ↓

Patterns from 14 days are a first signal, not proof. The second half of the audit sharpens them — and the closing report evaluates them again across the full 30 days.

What to do with it: The patterns above are correlations in 14 days of your data — not a confirmed cause. The second half of the audit is ideal for an experiment: leave out dairy for 3–4 days (and keep an eye on your fibre), and watch what your baseline does. Discuss the results with a doctor or a nutrition specialist.

DAY-BY-DAY MEALS

What you ate and how it showed

The complete record from the app next to the sensor data. The colour strip by the score matches the band: green above 70 %, amber 35-70 %, red below 30 %. That's how quickly you see which day, and which food, a deviation lines up with.

DAY	WHAT YOU ATE	TYPE	SCORE	SIGNAL
1	Eggs + vegetables · bread roll, bread, cheese · buckwheat porridge with blueberries · nuts	5.0	 84 %	within baseline
2	Oat porridge · chicken salad with vegetables · roast chicken with potato and broccoli	5.0	 80 %	soluble fibre
3	Bread roll, bread, ham, cheese · tomatoes, cucumber · grilled chicken · vegetable salad	5.0	 86 %	tomatoes + vegetables
4	Cereal with milk · beef lasagne (béchamel) · quark with honey · 2× latte	6.0	 58 %	dairy → looser
5	Scrambled eggs with cheese · creamy risotto · yoghurt, quark · 3× coffee	7.0	 24 %	dairy + caffeine → markedly looser
6	Eggs + cucumber + hard cheese · buckwheat porridge with strawberries · chicken kung pao with fries	4.5	 78 %	within baseline
7	Toast with avocado and tomatoes · lots of vegetables, little meat, glass noodles, beef	5.0	 88 %	tomatoes + lots of vegetables
8	Pork tenderloin, mashed potato · pâté with bread · fried cheese · sweet bun · junk snacks	2.0	 29 %	low fibre → hard, straining
9	Bread roll with cheese · chickpea curry · yoghurt, quark · sweet bun · 3× coffee	6.0	 61 %	dairy + caffeine
10	Eggs + vegetables · chicken curry with rice, spring rolls · salad	5.0	 81 %	within baseline
11	Oat porridge with blueberries · salmon with quinoa and vegetables · nuts	4.5	 83 %	soluble fibre
12	Eggs with tomatoes · pasta with tomato sauce and chicken · Greek salad · sauerkraut	5.0	 90 %	best day
13	Party — burger, fries, pizza, nachos, junk snacks · red wine, beer	7.0	 22 %	fast food + alcohol
14	Buckwheat porridge · vegetable broth · rice with steamed vegetables and chicken	4.5	 74 %	quick recovery

What follows from the diary: The best days (3, 7, 12) share tomatoes, vegetables and fermented sauerkraut. The three weakest days have a clear cause: dairy + coffee (5), the party (13) and low fibre with fried food (8, the only day that went hard). And day 14 showed how quickly your gut returns to baseline after a swing.

VOLUME AND REMNANTS

Stool volume and undigested remnants

For every stool the sensor estimates the volume and the amount of undigested remnants. What matters are trends and marked swings, not individual days — they help reveal when something passed through digestion faster or less well.

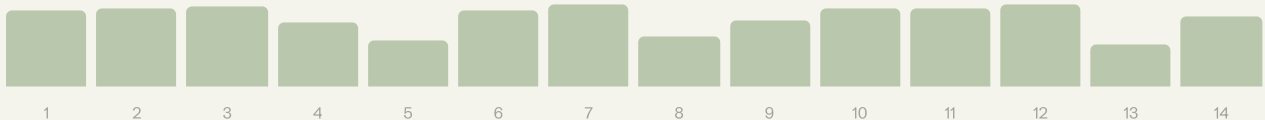
Volume

Stable for most of the period. Lower on days 5 and 13 (fast transit, looser stool); day 8, by contrast, had a smaller and harder volume because of low fibre. Consistent volume lines up in the data with a regular diet and enough fibre.

Undigested remnants

Elevated on days 9 (legumes — skins) and 13 (junk snacks). Otherwise at an ordinary level. Remnants are not a problem in themselves — we watch their pattern over time, not a single day.

Relative volume over 14 days



The lower bars (5, 8, 13) match the days with a marked deviation in the score — volume therefore confirms what consistency showed.

WHAT'S NEXT

The second 14 days: from observation to experiment

1 • Dairy experiment

Cut out dairy for 3–4 days. If your baseline holds around type 4–5 and the score rises, the pattern gets considerably stronger.

2 • Fibre every day

Work oats or buckwheat into days like day 8 as well — the goal is no drop into the hard range.

3 • Caffeine and rhythm

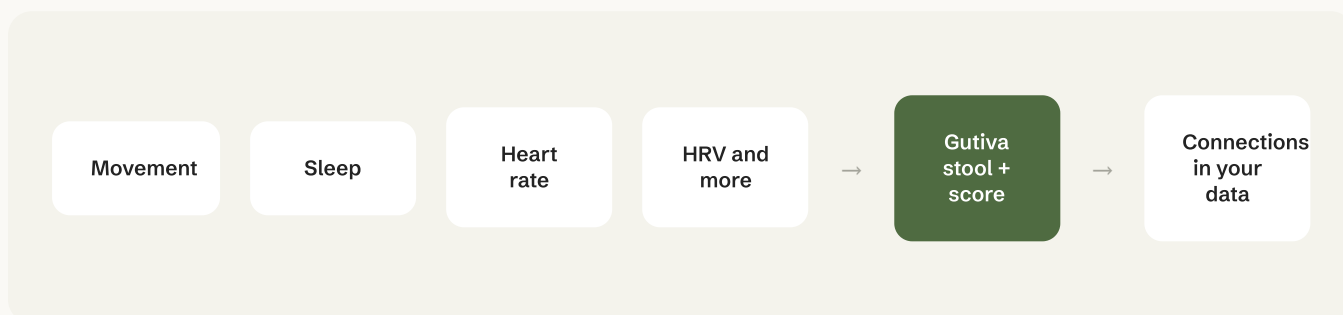
Stick to a maximum of one coffee on days when you eat dairy, and watch your morning rhythm.

The closing report after 30 days evaluates what the experiments showed and sums up the whole audit. We recommend discussing the results with a doctor or a nutrition specialist.

07 · WEARABLES SYNC

Your gut in the context of the whole body

The Gutiva sensor can optionally be connected to a smartwatch or band (Apple Watch, Garmin, Whoop, Oura, Samsung and others). To the stool data we then add movement, sleep and body signals — heart rate, HRV and other metrics — and look for connections between them. For the first time you'll see how your digestion relates to how you sleep, train and how loaded your body is.



WHAT THE CONNECTION CAN REVEAL

Sleep × stability

After the party (day 13) came shorter, poorer sleep — and stability returned more slowly. You'll see how much your digestion is pulled by sleep quality.

Load and movement × stability

The harder day 8 followed the toughest training session of the week. With a watch you'll see whether heavy load repeatedly upsets your gut.

Heart rate and HRV × stability

Days with lower HRV (higher load or stress) lined up in the sample data with a lower stability score. HRV can therefore be an early signal.

How to read it: These are connections in your data, not a diagnosis and not a measurement of your health. Connecting a watch is optional, you can switch it off at any time and your data stays private. The longer the sensor and the watch run side by side, the more reliable the patterns Gutiva finds.