

Heartburn Calm Plan (7 Fixes)

A practical reset for reflux — timing, portions, posture, and sleep.

Red flags: Seek urgent care for chest pain/pressure, shortness of breath, sweating, pain to arm/jaw, vomiting blood, black/tarry stools, trouble swallowing, or unexplained weight loss.

Today: ___/___/___ Goal bedtime: _____ Last meal time: _____

The Scout Rule

Reflux hates timing and big volume. The fastest improvement usually comes from earlier eating, smaller dinner, and staying upright after meals.

7 Fixes (check what you're doing today)

- 3-hour rule before bed: stop eating ~3 hours before lying down (or keep it small and gentle).
- Smaller dinner: reduce volume; prioritize protein + veggies; go easy on greasy/heavy foods.
- Sip — don't chug: drink earlier in the day; avoid chugging large liquids with dinner.
- Posture + walk: stay upright after eating; take a 10-minute easy walk if you can.
- Identify triggers: test common triggers for 7 days (greasy, spicy, tomato/citrus, chocolate, mint, alcohol, carbonated).
- Reflux-friendly meal: lean protein + cooked veggies + small carb; keep sauces and grease minimal.
- Sleep setup: left-side sleep (if comfy) and/or slight head elevation; protect an earlier lights-down bedtime.

Tonight (10-minute protocol)

- Stop eating now (unless truly hungry).
- Stay upright + walk 10 minutes.
- Lights down early (calm helps reflux).
- No doom scrolling in bed.

If you're truly hungry at night

- Keep it small + gentle.
- Options: banana, oatmeal, yogurt (if tolerated).
- Avoid: chocolate, mint, spicy, greasy, huge portions.

My top triggers (circle / write)

Greasy Spicy Tomato/Citrus Chocolate Mint Alcohol Carbonation Coffee (empty stomach)

Notes (what helped / what didn't)

Heartburn Calm Plan — 7-Day Tracker

Check the basics daily and track symptoms. Aim for patterns, not perfection.

Day / Date	3-hr Rule	Smaller Dinner	Upright + Walk	Sip Not Chug	Avoid Triggers	Sleep Setup	Symptoms (0-10)	Notes
Mon ___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
Tue ___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
Wed ___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
Thu ___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
Fri ___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
Sat ___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
Sun ___/___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	

Pattern check (fill in)

- My #1 trigger this week was: _____
- The fix that helped most: _____
- One change I'll make earlier in the day: _____

If symptoms are frequent or severe, consider talking with a qualified professional.