

ROOTED IN HER, RISING FOR ALL



Gut Health & Colorectal Cancer Screening Tracker

Because your voice is the strongest medicine you have

Every Woman Is the
Architect of Her Health

www.rootedinviolet.com

Rooted in Violet & Co



Violet Sheet™: Gut Health & Screening Tracker

Reveal. Offer. Outline. Take Note. — Because your voice is the strongest medicine you have.

Every Woman Is the Architect of Her Health. Use this guide to prepare for your appointment, organize your thoughts, and co-create your care plan with confidence.

R - Reveal What's Going On

This step is about self-awareness and pattern recognition.

- A parent, sibling, or child has had colon cancer or polyps.
- Changes in bathroom habits.
- Visible blood in stool.

_____ How long have you noticed this?



Empowerment Goal: Recognize that your body's signals are valid and deserve investigation, not dismissal.

O - Offer Your Observations

This phase shifts awareness into communication. [cite: 83] Fill in the blanks to practice your script:

Over the last ____ weeks/months, I have noticed _____.

This is impacting my daily life because _____.



Empowerment Goal: Become an active contributor in your healthcare conversation, not a passive participant.

O - Outline What You Need

Define your expectations _____ Use this script with your provider:

"I know national guidelines recommend screening at 45. I would like to discuss ordering a FIT test or scheduling a colonoscopy today."



Empowerment Goal: Reclaim control over your care by identifying what success and support look like for you.

T - Take Note & Follow-Up

This final phase transforms advocacy into accountability.

Date: _____ Provider Name: _____

My exact next steps are: _____



If denied, I asked the provider to document the refusal in my chart.



Empowerment Goal: Turn advocacy into an ongoing practice that protects your health and builds trust with your providers.

NOTES



A series of horizontal dotted lines for writing notes.