THE IBS COLLEGE SEMESTER PLANNER

Plan Ahead. Know Your Campus. Stay Ready.



START HERE · PREPARE

Make this planner yours

Set up once. Check in weekly. Adjust when campus life changes.

1 · Build your campus baseline

Fill in your semester dates, course profiles, campus map, bathroom routes, and meal options. Use places you can actually access at the times you need them.

2 · Plan a week in 10 minutes

Mark classes, deadlines and meals. Circle one demanding day. Write one workable Plan B. Keep the plan flexible.

3 · Review without judgment

At the end of each week, note what helped and what you want to change. Use the monthly review to update your routes and routines.

Use the **fillable PDF** to type; use the **write-on PDF** with a stylus or on paper. Save a fresh copy before each semester. This planner supports organization and does not diagnose or treat IBS. Discuss symptoms and care with a qualified clinician.

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Your five-step campus loop

01 / MAP

Find usable bathrooms, building exits, dining choices and routes.

02 / ANTICIPATE

Spot long classes, tight transitions, exams and unusual meals.

03 / PREPARE

Choose a primary option and one realistic alternative.

04 / NAVIGATE

Use your prepared plan as the day unfolds; adapt as needed.

05 / RECOVER

Catch up, revise the plan and continue the semester.

The connection: symptoms + academic calendar + campus geography + response plan. Choose the level that fits: standard day, higher-friction day, or high-stakes day. Planning reduces improvisation; it cannot guarantee a symptom-free day.

Semester at a glance

The essentials

Semester / year

First day of classes

Last day of classes

Breaks and travel dates

Your anchor points

Typical class start time

Usual sleep window

Campus health contact

Trusted contact (optional)

What matters this semester

Three academic priorities

One routine that supports me

When plans change, my first practical step

Keep sensitive health details only where you feel comfortable storing them.

Class rhythm & milestones

See your recurring classes and key dates together. Note tight transitions early.

DAY / TIME	COURSE · BUILDING	TRANSITION / RESTROOM

Regular rhythm

Typical sleep window

Study block to protect

Longest campus crossing

Key checkpoints

First major deadline

Midterms / presentations

Finals / term end

MONTHLY VIEW · ANTICIPATE

Month 1 · see the whole picture

Undated month 1 of 5

Write dates in the boxes. Add a dot to days that need a backup plan.

Month / year

One priority this month

MON	TUE	WED	THU	FRI	SAT	SUN

Watch for

Exams / presentations

Long days / travel

Make room for

Meal and rest windows

One flexible option

MONTHLY VIEW · ANTICIPATE

Month 2 · see the whole picture

Undated month 2 of 5

Write dates in the boxes. Add a dot to days that need a backup plan.

Month / year

One priority this month

MON	TUE	WED	THU	FRI	SAT	SUN

Watch for

Exams / presentations

Long days / travel

Make room for

Meal and rest windows

One flexible option

MONTHLY VIEW · ANTICIPATE

Month 3 · see the whole picture

Undated month 3 of 5

Write dates in the boxes. Add a dot to days that need a backup plan.

Month / year

One priority this month

MON	TUE	WED	THU	FRI	SAT	SUN

Watch for

Exams / presentations

Long days / travel

Make room for

Meal and rest windows

One flexible option

MONTHLY VIEW · ANTICIPATE

Month 4 · see the whole picture

Undated month 4 of 5

Write dates in the boxes. Add a dot to days that need a backup plan.

Month / year

One priority this month

MON	TUE	WED	THU	FRI	SAT	SUN

Watch for

Exams / presentations

Long days / travel

Make room for

Meal and rest windows

One flexible option

MONTHLY VIEW · ANTICIPATE

Month 5 · see the whole picture

Undated month 5 of 5

Write dates in the boxes. Add a dot to days that need a backup plan.

Month / year

One priority this month

MON	TUE	WED	THU	FRI	SAT	SUN

Watch for

Exams / presentations

Long days / travel

Make room for

Meal and rest windows

One flexible option

Course 1 · class plan

Profile 1 of 5

Class essentials

Course / section

Instructor / contact

Days and time

Building / room

Office hours

The practical route

Preferred seat / exit

Bathroom A / open hours

Bathroom B / open hours

Time between classes

A reliable note source

Keep momentum

Key assignments / assessment dates

If I need to step out, my next step

If I miss class, how I get notes and check deadlines

Check building access and course policies directly; they can change.

Course 2 · class plan

Profile 2 of 5

Class essentials

Course / section

Instructor / contact

Days and time

Building / room

Office hours

The practical route

Preferred seat / exit

Bathroom A / open hours

Bathroom B / open hours

Time between classes

A reliable note source

Keep momentum

Key assignments / assessment dates

If I need to step out, my next step

If I miss class, how I get notes and check deadlines

Check building access and course policies directly; they can change.

Course 3 · class plan

Profile 3 of 5

Class essentials

Course / section

Instructor / contact

Days and time

Building / room

Office hours

The practical route

Preferred seat / exit

Bathroom A / open hours

Bathroom B / open hours

Time between classes

A reliable note source

Keep momentum

Key assignments / assessment dates

If I need to step out, my next step

If I miss class, how I get notes and check deadlines

Check building access and course policies directly; they can change.

Course 4 · class plan

Profile 4 of 5

Class essentials

Course / section

Instructor / contact

Days and time

Building / room

Office hours

The practical route

Preferred seat / exit

Bathroom A / open hours

Bathroom B / open hours

Time between classes

A reliable note source

Keep momentum

Key assignments / assessment dates

If I need to step out, my next step

If I miss class, how I get notes and check deadlines

Check building access and course policies directly; they can change.

Course 5 · class plan

Profile 5 of 5

Class essentials

Course / section

Instructor / contact

Days and time

Building / room

Office hours

The practical route

Preferred seat / exit

Bathroom A / open hours

Bathroom B / open hours

Time between classes

A reliable note source

Keep momentum

Key assignments / assessment dates

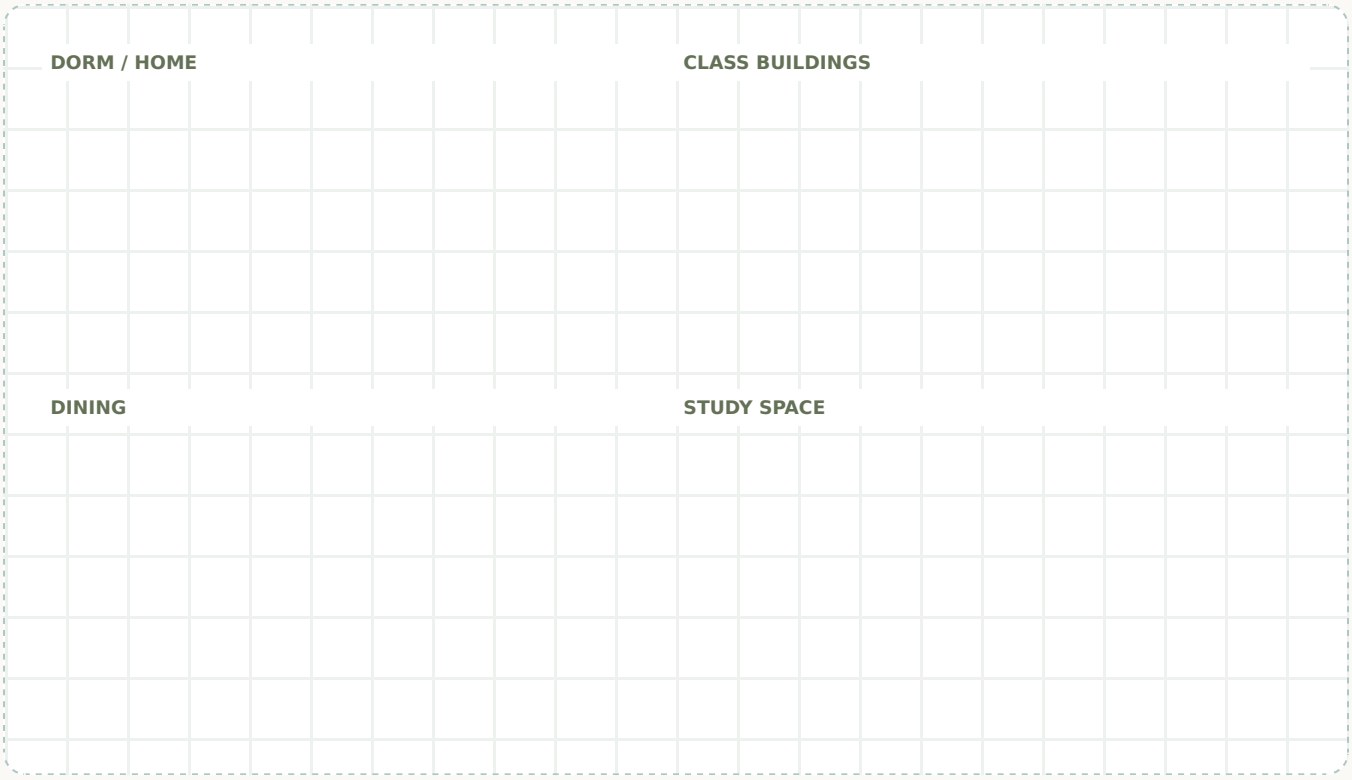
If I need to step out, my next step

If I miss class, how I get notes and check deadlines

Check building access and course policies directly; they can change.

My campus route map

Sketch your real route. Label the bathroom you can use and a second option.



Route notes

Most reliable building access

Longest transition

Quiet place to regroup

Check in person

Restroom opening hours

Alternative building / route

Accessibility or ID access

Bathroom & route directory

Write locations you have verified, including hours and any access limits.

BUILDING / FLOOR	WHEN ACCESSIBLE	BACKUP / NOTE

A blocked route?

First alternate restroom

Second alternate / different building

Who to ask about access

Campus hours and room access vary; revisit this page when schedules change.

Dining options that fit me

Record options you already know work for you. Your choices are individual.

On-campus options

Dining location / hours

A familiar meal option

Another available option

Who can answer ingredient questions

Between-class options

Place to eat without rushing

Personal backup snack / meal

Where I can store it

What I need to restock

A busy-day decision

If the dining hall has no suitable option, I can

Before a long class or exam, I will check

No food is universally “safe” for IBS. Follow your own care plan and consult a clinician or dietitian for dietary decisions.

Week 01 · plan with options

Week 1 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 02 · plan with options

Week 2 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 03 · plan with options

Week 3 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 04 · plan with options

Week 4 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 05 · plan with options

Week 5 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 06 · plan with options

Week 6 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 07 · plan with options

Week 7 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 08 · plan with options

Week 8 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 09 · plan with options

Week 9 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 10 · plan with options

Week 10 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 11 · plan with options

Week 11 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 12 · plan with options

Week 12 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 13 · plan with options

Week 13 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 14 · plan with options

Week 14 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 15 · plan with options

Week 15 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Week 16 · plan with options

Week 16 of 16

Week of _____

Academic priority _____

One day to prepare for _____

DAY	CLASS · STUDY · DEADLINES	MEAL / REST WINDOW	ROUTE · PLAN B
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Before a demanding day

What is likely to be hard?

Sleep / study window

What can I prepare?

A realistic alternative

End-of-week reset

What helped?

Symptoms / friction to note (optional)

One next step

Leave blank anything that is not useful this week. The plan is a tool, not a scorecard.

Exam plan · remove guesswork

Exam facts

Course / assessment

Date, time and building

Arrival time / route

Room and restroom access

Before the day

Study blocks / priorities

Sleep and meal windows

Materials to pack

Questions to confirm early

Plan A / Plan B

My straightforward arrival plan

If I need to leave, the applicable course procedure

Who I contact afterward, if needed

Confirm exam and accommodation procedures with your institution. This page does not establish eligibility or guarantee an exception.

Presentation day · ready to adapt

Prepare the academic task and the campus logistics in the same place.

Where and when

Course / presentation topic

Date, room and arrival time

Route, restroom and exit

Materials / backup file

Practice and support

First practice block

Final rehearsal window

Who to coordinate with

One question to confirm early

A flexible delivery plan

The first step when I enter

If I need a pause or handoff, I can

Afterward, my next academic step

Confirm any course-specific procedures or approved adjustments with the instructor in advance.

Social plans, with room to adjust

Make space for connection without turning the event into a test.

The event

Event / date / location

How I am getting there

Restroom / easy exit

Food options, if relevant

My flexible plan

The part I want to enjoy

A simple arrival plan

An option if I need a break

A person I can contact

Afterward

What worked for me

What I might change next time

Month 1 · recalibrate

Review 1 of 5

Look at the month as information, not a verdict.

What changed?

Classes / deadlines

Routes or building hours

Dining or sleep routine

Support I used

What helped?

One plan that worked

One adjustment that helped

One thing to stop over-planning

A person or resource to contact

Carry forward

Next month’s demanding dates

One route or backup to update

One small experiment in planning

If symptoms or concerns are changing, bring them to a qualified health professional.

MONTHLY REVIEW · RECOVER

Month 2 · recalibrate

Review 2 of 5

Look at the month as information, not a verdict.

What changed?

Classes / deadlines

Routes or building hours

Dining or sleep routine

Support I used

What helped?

One plan that worked

One adjustment that helped

One thing to stop over-planning

A person or resource to contact

Carry forward

Next month’s demanding dates

One route or backup to update

One small experiment in planning

If symptoms or concerns are changing, bring them to a qualified health professional.

MONTHLY REVIEW · RECOVER

Month 3 · recalibrate

Review 3 of 5

Look at the month as information, not a verdict.

What changed?

Classes / deadlines

Routes or building hours

Dining or sleep routine

Support I used

What helped?

One plan that worked

One adjustment that helped

One thing to stop over-planning

A person or resource to contact

Carry forward

Next month’s demanding dates

One route or backup to update

One small experiment in planning

If symptoms or concerns are changing, bring them to a qualified health professional.

Month 4 · recalibrate

Review 4 of 5

Look at the month as information, not a verdict.

What changed?

Classes / deadlines

Routes or building hours

Dining or sleep routine

Support I used

What helped?

One plan that worked

One adjustment that helped

One thing to stop over-planning

A person or resource to contact

Carry forward

Next month’s demanding dates

One route or backup to update

One small experiment in planning

If symptoms or concerns are changing, bring them to a qualified health professional.

MONTHLY REVIEW · RECOVER

Month 5 · recalibrate

Review 5 of 5

Look at the month as information, not a verdict.

What changed?

Classes / deadlines

Routes or building hours

Dining or sleep routine

Support I used

What helped?

One plan that worked

One adjustment that helped

One thing to stop over-planning

A person or resource to contact

Carry forward

Next month’s demanding dates

One route or backup to update

One small experiment in planning

If symptoms or concerns are changing, bring them to a qualified health professional.

After a missed class

A short catch-up sequence can keep one hard day from taking over the week.

Today

Class missed / date

Where course updates live

The person or channel for notes

Next 24 hours

One message or check-in

Materials to collect

Any deadline to clarify

Back in rhythm

First manageable study block

What can wait

One plan to update

Use your course’s actual attendance and communication rules.

A demanding day, planned early

Choose one day that combines academic pressure with difficult campus logistics.

Anticipate

Date / classes / deadline

What makes this day demanding

Long transit or limited break

Meal and sleep window

Map & prepare

Building / bathroom A

Accessible backup bathroom B

A familiar meal option

One thing to arrange beforehand

Navigate, then recover

If the day changes, my first practical move

Who can help with notes or a deadline

How I will re-enter my routine afterward

This is a flexible logistics plan. It does not predict symptoms or replace professional care.

LOOK BACK · LOOK AHEAD · RECOVER

Your semester handoff

Carry useful information into your next semester without starting from zero.

Keep

Routes that were reliable

Routines worth repeating

People and resources that helped

One academic habit that worked

Update

Building / bathroom access to verify

Courses or exam procedures to check

Dining choices to revisit

An early question to ask

A note to future me

When plans change, I can begin with

Next semester’s first planning step

For planning and education only. This planner does not provide medical advice, a diagnosis, treatment, or guaranteed symptom control. Campus policies vary. For IBS care, consult a qualified healthcare professional.
Reference: NIDDK, “Eating, Diet, & Nutrition for Irritable Bowel Syndrome,” niddk.nih.gov.