

Tracking Your Diet and Symptoms



Keeping track of what and when you eat can be very helpful in tracking your symptoms. It allows you to look back and see any patterns related to food triggers and understand how to avoid them.

Using this chart, you can keep track of the foods you've eaten and **mark how severe you feel your symptoms are for that week** on a scale from 1-5, with 1 being low and 5 being very severe.

	S	M	T	W	Th	F	S
Week 1	Bagel w/ cream cheese						
	Ham and cheese sandwich						
	Chips						
	Spaghetti, garlic bread						
	Soda						
Week 1 Symptoms	Severity of symptoms (on a scale from 1-5): _____						
	Any other changes in your life, aside from food, such as stress, hormones, or activities? _____						

Week ____	S	M	T	W	Th	F	S
Symptoms	Severity of symptoms (on a scale from 1-5): _____						
	Any other changes in your life, aside from food, such as stress, hormones, or activities? _____						

Week ____							

Week ____	S	M	T	W	Th	F	S
Symptoms	Severity of symptoms (on a scale from 1-5): _____						
	Any other changes in your life, aside from food, such as stress, hormones, or activities? _____						

Week ____							

Week _____	S	M	T	W	Th	F	S
Symptoms	Severity of symptoms (on a scale from 1-5): _____						
	Any other changes in your life, aside from food, such as stress, hormones, or activities? _____						

Week _____							

Week _____	S	M	T	W	Th	F	S
Symptoms	Severity of symptoms (on a scale from 1-5): _____						
	Any other changes in your life, aside from food, such as stress, hormones, or activities? _____						

Week _____							

Week _____	S	M	T	W	Th	F	S
Symptoms	Severity of symptoms (on a scale from 1-5): _____						
	Any other changes in your life, aside from food, such as stress, hormones, or activities? _____						
Week _____							

Week _____	S	M	T	W	Th	F	S
Symptoms	Severity of symptoms (on a scale from 1-5): _____						
	Any other changes in your life, aside from food, such as stress, hormones, or activities? _____						
Week _____							