

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 <u>1</u>	Bagel w/ cream cheese						
	Ham and cheese sandwich						
	Chips						
	Spaghetti, garlic bread						
	Soda						
Week <u>1</u> Symptoms	Location of 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
Week ____	Symptoms Location of 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
Week ____	Symptoms Location of 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? _____ _____						

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