



Having a food diary can help bring awareness to your eating and daily lifestyle habits. If you experience certain signs and symptoms from foods, a food diary can be a useful reference to track possible food allergens or sensitivities. Try noting how you feel both physically and emotionally before, during and after meals and beverages. Adverse symptoms could include: headache, nausea, constipation, diarrhea, stomach ache or cramp, fatigue, insomnia, irritability, depression, anxiety, or mental cloudiness.

Name:

Date:

TIME	ITEM	DESCRIPTION	QUANTITY	OBSERVATIONS

Medications and Supplements Taken

Time	Medication	Amount

Bowel Movement Tracker:

Time	Size (S/M/L)	Consistency (0=Diarrhea, 5=very hard)

Exercise and Additional Observations: