

# FOOD & SYMPTOM TRACKER

**DATE:** Monday, March 1

TIME	FOOD & BEVERAGE	SYMPTOMS	SEVERITY (1-10)	STRESS (1-10)
8am	2x wholegrain toast + peanut butter, coffee black	Bloating	5	5
10am	1 mug tea, banana	N/A		5
1pm	Leftover chicken stir fry with capsicum and broccoli + 1 cup rice	Abdominal pain	8	7
4pm	1 mug tea + 2 chocolate biscuits	Excess wind	7	8
8pm	2 egg cheese omelette + 2 slice toast	N/A		5
9pm	4 square chocolate	Bloating	8	5

## SLEEP

7 hours

## WATER

1500mL

## EXERCISE

7500 steps

## ALCOHOL

None

## BOWELS

Once, very soft

## ADDITIONAL NOTES

Supplements, medication, exercise, menstrual cycle etc

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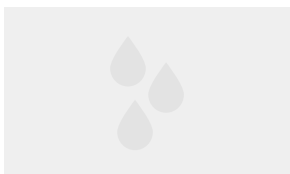
DATE:

TIME	FOOD & BEVERAGE	SYMPTOMS	SEVERITY (1-10)	STRESS (1-10)

SLEEP



WATER



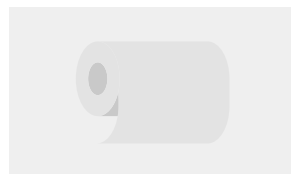
EXERCISE



ALCOHOL



BOWELS



ADDITIONAL NOTES

Large empty rectangular area for additional notes.