

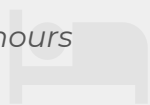
FOOD & SYMPTOM TRACKER

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



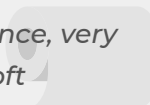
ALCOHOL

None



BOWELS

Once, very soft



ADDITIONAL NOTES

Supplements, medication, exercise, menstrual cycle etc

FOOD & SYMPTOM TRACKER

DATE:

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

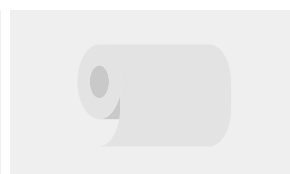
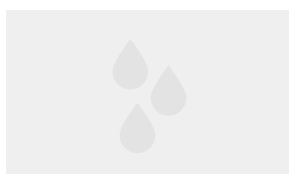
SLEEP

WATER

EXERCISE

ALCOHOL

BOWELS



ADDITIONAL NOTES