

Food and symptom diary

One day per sheet. Print seven and take them to your appointment.

Date	Sleep (hours)	Stress today 1-5	Period day, if relevant
_____	_____	_____	_____

What you ate

[illegible]

How you felt

[illegible]

Record the good hours too. This is the single most common mistake and it quietly ruins the whole exercise. A diary of only bad days puts every food you eat next to a symptom, so nothing can be told apart from anything else. The days and hours when you felt fine are what create the comparison. If nothing happened, write "nothing" rather than leaving it blank.

Write the time, not just the meal. Reactions are often delayed by 2 to 6 hours, so lunch is a common culprit for something that shows up mid-afternoon.