# FOOD & SYMPTOMS DIARY

REFRESH & RESTORE
NUTRITION & LIFESTYLE

Use this diary to record what you eat and drink, along with any symptoms you experience.

Use a new page for each day.

Date:_____

| Time | Details of food & drinks consumed | Amount | Symptoms experienced (eg. Bloating, cramping) & severity (0-10; 10 = worst) | Time & duration | Other notes (eg. Stress level) |
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