



Symptom Tracker

Trying to understand and recognize the onset of our symptoms can be confusing. This tool is an easy and effective way to monitor your symptoms associated with what you eat and drink. Becoming aware of what you consume and when a symptom arises can help you identify potential triggers. This tool is designed for symptom tracking and is **not** intended for daily food tracking.

Try it out!

- 1 When you notice a symptom arising, write down how you feel and note what you ate and drank. This tool creates a symptom log you can refer back to, bringing awareness to reoccurring triggers.

Symptom Tracker

Date & Time	How do I feel	What did I eat	What did I drink
April 1st, 9 am	Tired and foggy, I didn't sleep very well.	Before bed last night I ate a banana chocolate chip cookie.	Last night I had a glass of wine. This morning I have had 1 cup of water.

- 2 Tracking your symptoms can help you recognize any patterns. Use the note section or any notebook to identify the trends from your symptom tracker.

Notes

I have noticed that when I eat before I go to bed I don't sleep well. This may be why I wake up feeling foggy.

Waking up and hydrating helped me to feel more awake. I want to make drinking a glass of water first thing in the morning a part of my daily routine.

Notes

