



Food & Symptom Journal

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FOOD
& SYMPTOM
Journal

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Food, Symptom and Mood Journal Instructions

A symptom journal is an effective tool that's used to pinpoint and keep track of foods that could be triggering your digestive symptoms. Once you figure out the source of your digestive discomfort, you can avoid it altogether to gain relief. The following are tips on how to complete the journal:

Record the Date and Time

Don't forget to include the date and time every time you experience a symptom. This can help to identify any patterns that show up over time.

Type of symptom

Describe your symptoms by writing down as many details as you can. Here are some examples of symptoms you can track: nausea, vomiting, heartburn, gas/bloating, upset stomach, diarrhea, constipation, hiccups, fatigue etc. If pain occurs after eating, make sure to record where the pain is located along with the severity.

Potential Triggers

Write on your tracker every time you experience a symptom, even if you think that it's not related to what you ate. Also make note of triggers that usually cause a reaction. Here are a few examples:

- Currently experiencing an episode of stress, anxiety, depression or change in mood.
- Exposure to environmental allergens or chemicals
- Engaged in a type of physical activity.

Symptom Duration

Write down how long the symptom lasted. Was it minutes, hours, or days?

Medications/Supplements Taken

Did the symptom go away on its own or did you need to take pills or supplements for it to resolve? This includes taking prescription medications, OTC drugs, supplements, adjusting what you eat etc.

Additional Notes

Add any other relevant information that might help in understanding your symptoms. This could include:

- Hours of quality sleep
- Water intake
- Current energy levels. Does your energy fluctuate up and down?
- Symptoms related to a chronic health condition eg low blood sugar, itchy skin etc.

DAILY FOOD & SYMPTOM JOURNAL

DATE: _____

DAY OF WEEK: MON TUES WED THURS FRI SAT SUN

BREAKFAST TIME		SYMPTOMS/NOTES
YOUR MOOD 😊 😐 😞 😡 😠 😊 😟 _____		
LUNCH TIME		
YOUR MOOD 😊 😐 😞 😡 😠 😊 😟 _____		
DINNER TIME		
YOUR MOOD 😊 😐 😞 😡 😠 😊 😟 _____		
SNACKS		
WATER:          		

WEEKLY FOOD & SYMPTOM TRACKER

	MEALS	WATER	SYMPTOMS
SUNDAY		         	
MONDAY		         	
TUESDAY		         	
WEDNESDAY		         	
THURSDAY		         	
FRIDAY		         	
SATURDAY		         	

FOOD AND SYMPTOM TRACKER

[illegible]

- **Stool Consistency:** See Bristol Stool Chart for details

BRISTOL STOOL CHART

TYPE 1		Separate & hard lumps, similar to pebbles. Very constipated
TYPE 2		Lumpy and sausage shaped. Constipated
TYPE 3		Sausage shaped with cracks on the surface. Normal stool
TYPE 4		Sausage shaped, soft texture. Normal stool
TYPE 5		Soft blobs with clear-cut edges (passes easily). Mild diarrhea
TYPE 6		Fluffy pieces with ragged edges, a mushy stool. Moderate diarrhea
TYPE 7		Watery, no solid pieces. Diarrhea

