



My EATING DIARY

Week

| Monday | |
|-------------------------------------|---|
| My changes in diet or anything else | symptoms / scores? |
| | Digestion score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bloating score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bowel score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Other symptoms |
| Tuesday | |
| My changes in diet or anything else | symptoms / scores? |
| | Digestion score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bloating score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bowel score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Other symptoms |
| Wednesday | |
| My changes in diet or anything else | symptoms / scores? |
| | Digestion score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bloating score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bowel score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Other symptoms |
| Thursday | |
| My changes in diet or anything else | symptoms / scores? |
| | Digestion score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bloating score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bowel score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Other symptoms |

| Friday | |
|---------------------------------------|---|
| My changes in diet or anything else | symptoms / scores? |
| | Digestion score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bloating score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bowel score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Other symptoms |
| Saturday | |
| My changes in diet or anything else | symptoms / scores? |
| | Digestion score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bloating score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bowel score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Other symptoms |
| Sunday | |
| My changes in diet or anything else | symptoms / scores? |
| | Digestion score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bloating score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Bowel score <small>best</small> 1 2 3 4 5 6 7 8 9 10 <small>worst</small> |
| | Other symptoms |
| WHOLE WEEK REVIEW | |
| My STEPS -- what did I try this week? | |
| How did my scores change? | |
| Any other links spotted? | |