

# Food, Activity and Symptom Log

For best results: 1) Start each day on a new page. Use 2 pages/day if needed. 2) List ALL foods and beverages. 3) Describe portions in ounces, cups, inches or the size of a common object. Describe meat & fish portions in estimated ounces of cooked food (a deck of cards is 3 oz) and poultry by the piece (lg thigh, small breast, etc.). 4) Record where you ate a meal or snack if eaten anywhere but your home table. 5) Note times of waking, eating, exercise/activity, onset of a symptom, and going to bed. These can be helpful if I'm troubleshooting for you. 6) Note the type, duration and intensity of exercise or activity. 7) For tracking a symptom (e.g. headaches, fatigue, bowel symptoms), note the time of onset and severity. 8) Draw horizontal lines to mark time gaps and activity changes (e.g. draw a line above and below all of foods of one meal and above and below an exercise event).

Name \_\_\_\_\_ DAY of Week \_\_\_\_\_ Date \_\_\_\_\_

TIME	INDIVIDUAL FOODS OF MEALS, SNACKS, BEVERAGES	PORTION	SYMPTOM, ACTIVITY, NOTES