

Name: _____ Date: _____

Instructions: Please record meals, beverages, sweeteners, and other intake items for 4 days (two being weekend days). Between each meal record symptoms by circling any of the symptoms that you are currently experiencing as indicated below. Also at the end of the day record the number of Bowel movements made as indicated. Please bring completed form to your next visit.

Meal	Day 1	Day2	Day3	Day 4
Breakfast				
Symptoms	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:
Snack 1				
Symptoms	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:
Lunch				
Snack 2				
Symptoms	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:
Evening/Dinner				
Symptoms	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:	Indigestion, sinus congestion, stomach pain, shortness of breath, headaches, mood changes, other:
#BM's today				