

07
Wed08
Thur09
Fri10
Sat11
Sun

Bagel

8:00 AM



x

Orange Juice

8:00 AM



x

Granola Bar

9:30 AM



x

Headache

11:00 AM



x

Ham Sandwich

12:30 PM



x

Coke

12:30 PM



x

Banana

2:00 PM



x

Occurrences

Last Week 2

Last 30 Days 5

All-Time 8

All-Time 8

Potential Triggers

Food

Frequency ?

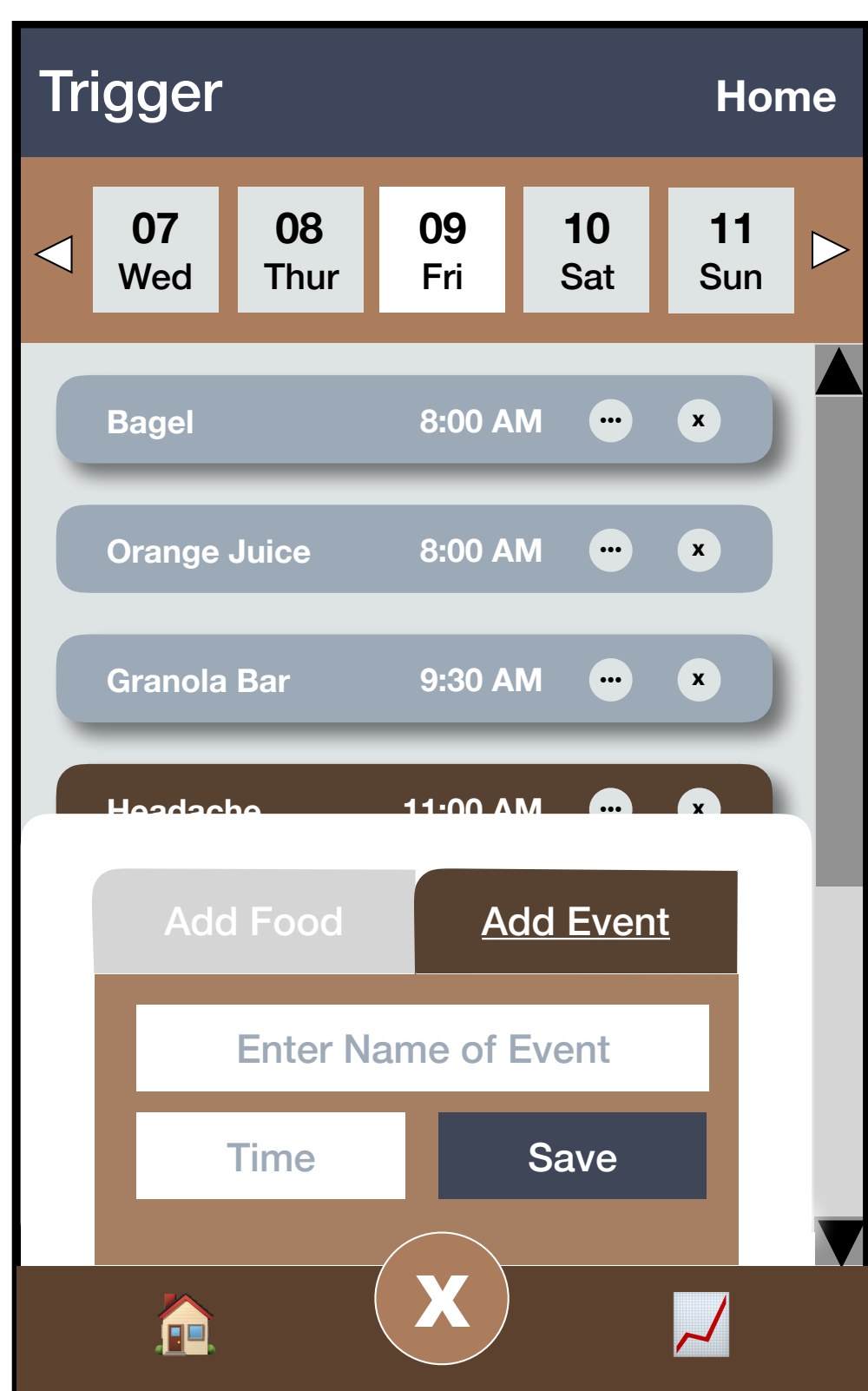
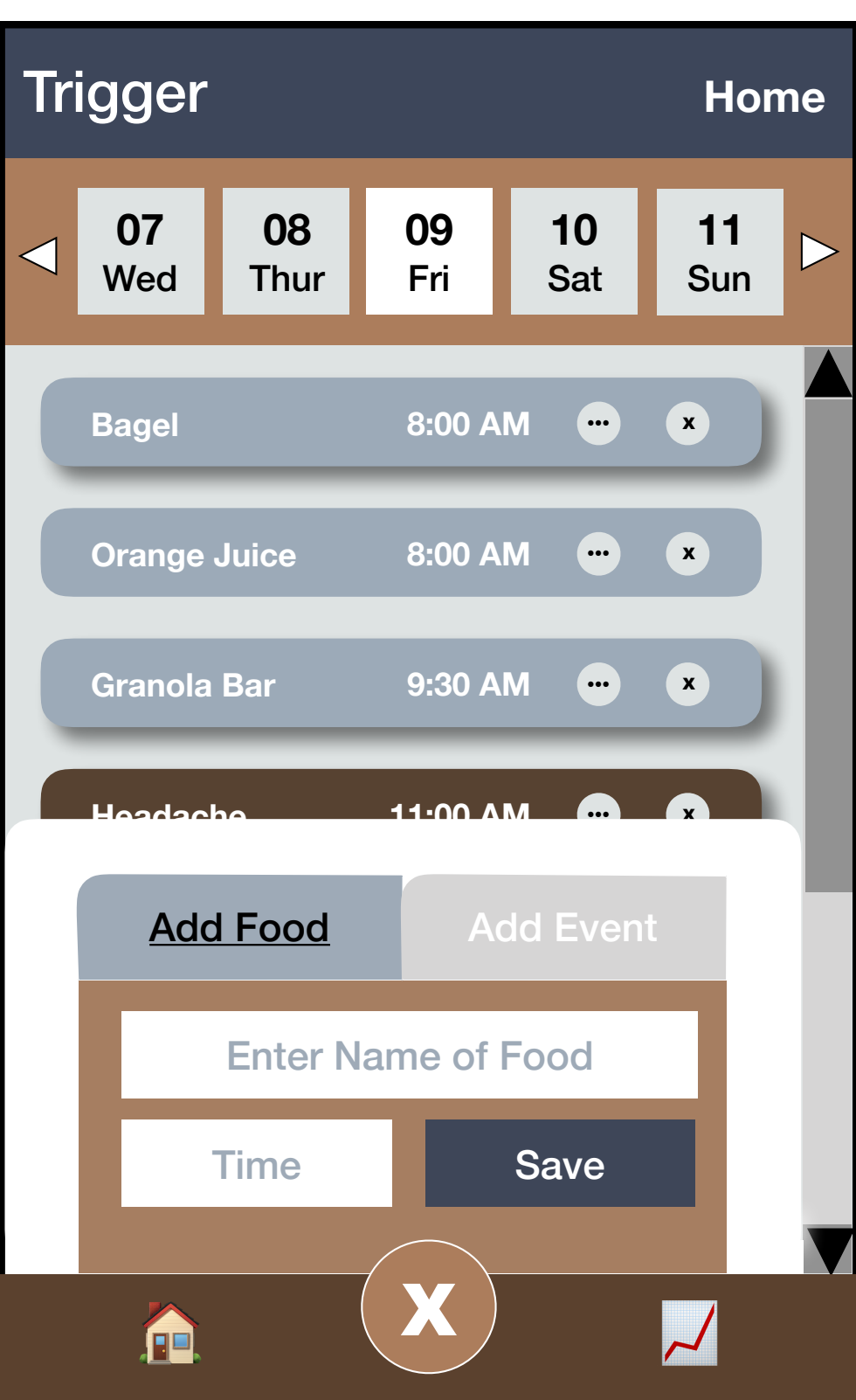
Hot Dog 88%

Red Wine 75%

Granola Bar 50%

Milk 50%







#DDE2E3
FROST

#9AACB8
LEAD

#B37C57
BURNT AMBER

#3C455C
NIGHTFALL

#60412B
BARK