

Dr. Arim's Fun Food Sensitivity Adventure Tracker



Hey there! I'm **Dr. Arim**. Ready to embark on a delicious detective journey? Let's play food sleuth together and uncover your body's secret superpowers – and kryptonites.

Patient VIP Lounge

Name (so I know who to brag about): _____ Date: _____

Age: _____ Pronouns (just in case): _____

Best way to haunt—I mean, contact you:

- Phone: _____
- Email: _____

Emergency sidekick (aka friend/family): _____ Phone: _____

Your favorite snack (tell me, I won't judge!): _____



Your Food Mystery Backstory

What's Bugging You? (Select all that apply)

- ☐ Bloating that rivals a pufferfish
- ☐ Gas worthy of a tuba solo
- ☐ Cramping (ouch!)
- ☐ Rashes making you redder than a tomato
- ☐ Sneezing like a sneeze factory
- ☐ Brain fog thicker than London mist
- ☐ Tiredness even after 10 cups of coffee
- ☐ Other quirky quirk: _____

Past Elimination Videos—I Mean, Attempts

Which diets have you auditioned for?

- ☐ Gluten-Free Gladiator
- ☐ Dairy-Dodger
- ☐ FODMAP Freedom Fighter
- ☐ AIP Adventurer
- ☐ Other: _____

How did it go? Be honest, I can take it:

▯ Your Mission & Timeline

Main Goal (your victory dance moment):

Side Quest:

We'll be in stealth mode (elimination phase) for ____ weeks. (Pro tip: 2–6 weeks is epic.)

Start Date: _____ Expected Grand Finale: _____

Check-in with me (Dr. Arim) on: _____

▯ DAILY ADVENTURE LOG – WEEK 1

Day 1: The Feast Begins (Date: _____)

▯ MEALS & MISCELLANEOUS SNACKS

Breakfast Bonanza

- Time: ____ AM/PM
- What's on the plate? _____
- Portion size: ____ bites or ____ forks-full (your call)
- How did you cook it? _____
- Brand or secret ingredient: _____

Morning Munchies

- Time: ____ AM/PM
- Snack of champions: _____

Lunch Legends

- Time: ____ AM/PM
- What fuelled your afternoon? _____
- Portion size: _____
- Preparation mojo: _____
- Ingredients list (for my cookbook someday): _____

Afternoon Nibbles

- Time: ____ AM/PM
- What gave you wings? _____

Dinner Delights

- Time: ____ AM/PM
- Culinary masterpiece: _____
- Portion size: _____
- Chef's notes (AKA prep style): _____
- Brand/ingredients: _____

Evening Treats

- Time: ____ AM/PM
- Late-night cravings: _____

▯ SYMPTOMS SHOWDOWN

(When did your body cheer or jeer?)

Stomach Shenanigans

- ☐ Bloating – Time: ____ Severity: (1☺–10☹) ____ Duration: ____
- ☐ Gas – Time: ____ Tuba Rating (1🎺–10🎺) ____ Duration: ____
- ☐ Cramps – Time: ____ Severity: ____
- ☐ Nausea – Time: ____ Severity: ____
- ☐ Heartburn – Time: ____ Severity: ____
- ☐ Diarrhea – Time: ____ Bristol Type (1–7): ____ Urgency (1–5): ____
- ☐ Constipation – Days since last BM: ____

Skin Soirée

- ☐ Rash/Hives – Where? _____ Severity: ____
- ☐ Itchy vibes – Where? _____ Severity: ____

Breathe Easy?

- ☐ Runny nose – Severity: ____
- ☐ Cough – Severity: ____
- ☐ Wheeze – Severity: ____

Brain & Mood Mix

- ☐ Headache – Severity: ____
- ☐ Brain fog – Severity: ____
- ☐ Mood swings – Type: ____
- ☐ Tired/Tried (pun intended) – Severity: ____

Other Oddities

- ☐ Tingles/Aches – Where? ____
- ☐ Sleep drama – Quality 1–10: ____ Hours slept: ____
- ☐ Stress monsters – Rating 1–10: ____

▯ BOWEL MOVEMENT EXTRAVAGANZA

BM #1: Time: ____ Bristol: ____ Color: ____ Urgency: ____

BM #2: _____

BM #3: _____

▯ DAY'S SUPERSTATS

- Energy Level 1–10: Morning ___ Afternoon ___ Evening ___
- Mood Meter 1–10: Morning ___ Afternoon ___ Evening ___
- Water Chug Count: ___ glasses
- Steps or workouts: Type: ___ Duration: ___ Intensity: ___

Geeky Notes (your anecdotes):

Food Suspect of the Day: _____

Correlation Eureka! _____

▯ WEEKLY PATTERN PARTY – WEEK 1

1. **Top Food Villain:** ___ with ___ (symptom) at ___
2. **Runner-up Rogue:** ___ with ___ at ___
3. **Innocent Bystander Foods:** ___ (for now)

Symptom MVPs

1. ___ – Freq: ___ Severity avg: ___
2. ___ – Freq: ___ Severity avg: ___

When the party got wild:

- Morning mayhem: _____
- Afternoon antics: _____
- Evening escapades: _____

Side factors (stress, sleep, dance moves):

- Stress link: _____
- Sleep link: _____
- Activity link: _____

Safe Snacks Hall of Fame

- 1.
- 2.
- 3.

Weekly Grade: ☐ A+ ☐ B 😊 ☐ C 😐 ☐ D 😴^{zzz}

Brainstorm for Week 2:

Dr. Arim's Pep Talk: Keep slaying those suspects! 🍷🍷

▯ **Reintroduction Reboot** coming soon—stay tuned!