Daily Di	et & Sympton	m Tracker – S	jögren	's Syndrome Sup	port	
Day 1						
Date:						
☐ Meals	& Snacks					
Time	Mea		nat I Ate	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Target: 8 Beverage Total Wa	e Time Amou	day (adjust per int (oz/ml) Not 'oday:	es (e.g	., added lemon/m	uint)	
	nptom	Rating (1–5)	Note	s (Triggers? Reli	ef?)	
Dry Mou						
	<u> </u>					
	<u> </u>					
Mood/Str						
Beverage Total War Sympton Rate your Dry Mour Dry Eyes Fatigue Joint Pain Brain For Digestive	tom Check-Intersymptoms of the content of the conte	int (oz/ml) Not Coday: n n a scale of 1 (le	ow) to	., added lemon/m		

	you feel good today?		
Any symptoms trig	ggered after a specific meal?		
	rove tomorrow (hydration, meal timing,		
		·	

Day 2						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I	Hydrating?	Easy to Chew?	Anti-Inflammatory?
		A	te	(✓)	(✓)	(√)
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total Wa	ater Intake T	Today:		., added lemon/n	iint)	
	nptom	Rating (1–5)	Note	s (Triggers? Reli	ef?)	
Dry Mou						
Dry Eyes Fatigue						
Joint Pair	<u> </u>					
Brain Fo						
	Discomfort					
Mood/St						
□ Daily	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 3						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I	Hydrating?	Easy to Chew?	Anti-Inflammatory?
		A	te	(√)	(✓)	(✓)
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou ater Intake T	Today:	es (e.g	., added lemon/m	int)	
	mptom	Rating (1–5)	Note	s (Triggers? Reli	e f?)	
Dry Mou						
Dry Eyes	3					
Fatigue Joint Pair	n					
Brain Fo						
	e Discomfort					
Mood/Str						
	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 4						
Date:						
☐ Meals	& Snacks					
Time	Mea		nat I Ate	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total Wa	ater Intake T tom Check-In	Coday: n n a scale of 1 (le				
	mptom	Rating (1–5)	Notes	s (Triggers? Reli	ef?)	
Dry Mou Dry Eyes						
Fatigue	,					
Joint Pair	n					
Brain Fo						
Digestive Mood/Str	e Discomfort ress					
	Reflections					

Any symptoms triggered	l after a specific meal?		
What can you improve to	omorrow (hydration, meal timing, etc	.)?	
>			

Day 5						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	roday:n	es (e.g.	, added lemon/m		
Dry Mou	nptom th	Rating (1–5)	Notes	s (Triggers? Reli	<u>ef?)</u>	
Dry Eyes						
Fatigue						
Joint Pair	n					
Brain Fo						
	Discomfort					
Mood/Str	ress					
	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 6						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total Wa	ater Intake T	roday:n	ow) to .			
Syr Dry Mou	nptom	Rating (1–5)	Note	s (Triggers? Relic	e f?)	
Dry Eyes						
Fatigue	,					
Joint Pair	n					
Brain Fo						
	Discomfort					
Mood/Str	ress		_			
	Reflections					

➤Any symptoms triggered	after a specific meal?		_	
➤ What can you improve to	morrow (hydration, meal	timing, etc.)?		
>				

Day 7						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating?	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast	A	ite	(✓)	(∨)	(√)
10–		o olr				
10– 11am	Morning Sn	аск				
12– 2pm	Lunch					
3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
	tom Check-I	Coday:n n a scale of 1 (lo		5 (severe)		
	nptom	Rating (1–5)	Notes	s (Triggers? Reli	ef?)	
Dry Mou						
Dry Eyes	<u> </u>					
Fatigue Joint Pair	n					
Brain Fo						
	e Discomfort					
Mood/Str						
	Reflections					

Any symptoms triggered	after a specific meal?		
What can you improve to	omorrow (hydration, meal timin	ng, etc.)?	
>			

Day 8						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	roday:n	es (e.g.,	, added lemon/m		
Dry Mou	nptom th	Rating (1–5)	Notes	(Triggers? Relic	ei?)	
Dry Eyes						
Fatigue						
Joint Pair						
Brain Fo						
Mood/Str	Discomfort					
141000/31	1000	<u> </u>				
☐ Daily	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 9						
Date:						
☐ Meals	& Snacks					
Time	Mea		nat I ate	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total Wa	ater Intake T tom Check-In	Today: n n a scale of 1 (le				
Syı Dry Mou	mptom	Rating (1–5)	Note	s (Triggers? Reli	ef?)	
Dry Eyes						
Fatigue	,					
Joint Pair	n					
Brain Fo						
Digestive	e Discomfort					
Mood/St	ress					
	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 10						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total Wa	ater Intake T	Today:	pw) to :	5 (severe) S (Triggers? Reli		
Dry Mou		Kating (1–5)	Notes	s (1 riggers: Reil	<u>e1:)</u>	
Dry Eyes						
Fatigue						
Joint Pair						
Brain Fo						
	Discomfort					
Mood/St	ress					
☐ Daily	Reflections					

Any symptoms triggered after a	specific meal?	
	w (hydration, meal timing, etc.)?	
>		

Day 11						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	roday:n	es (e.g.	, added lemon/m		
Dry Mou	nptom th	Rating (1–5)	Notes	s (Triggers? Reli	<u>ef?)</u>	
Dry Eyes						
Fatigue						
Joint Pair	n					
Brain Fo						
	Discomfort					
Mood/Str	ress					
	Reflections					

Any symptoms triggered	l after a specific meal?		
What can you improve to	omorrow (hydration, meal timing,	etc.)?	
>			

Day 12						
Date:		<u></u>				
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew? (✓)	Anti-Inflammatory? (✓)
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	Today:	es (e.g.	., added lemon/m		
Dry Mou		Rating (1–3)	Notes	s (111ggers: Ren	(1.)	
Dry Eyes						
Fatigue						
Joint Pair	1					
Brain Fog						
	Discomfort					
Mood/Str	ess					
☐ Daily	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 13						
Date:						
☐ Meals	& Snacks					
Time	Mea		nat I .te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total Wa	e Time Amou	day (adjust per int (oz/ml) Not 'oday:	es (e.g.	, added lemon/m		
Dry Mou		Katting (1–3)	THOLES	s (Triggers: Ren	er:)	
Dry Eyes						
Fatigue						
Joint Pair						
Brain Fo						
Mood/Str	e Discomfort ress					
□ Daily	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 14						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou ater Intake T	'oday:	es (e.g.	., added lemon/m		
Dry Mou		Kattiig (1–3)	THOLES	s (Triggers: Keil	ei:)	
Dry Eyes	}					
Fatigue						
Joint Pair						
Brain Fo	e Discomfort					
Mood/Str						
☐ Daily	Reflections					

Any symptoms triggered after a	specific meal?	
	w (hydration, meal timing, etc.)?	
>		

Day 15						
Date:						
☐ Meals	& Snacks					
Time	Mea		nat I .te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverag Total W Symp Rate you	e Time Amou	`oday:	es (e.g	., added lemon/m		
Dry Mou	mptom ith	Rating (1–5)	Note	s (Triggers? Ren	<u>ei?)</u>	
Dry Eyes						
Fatigue						
Joint Pai						
Brain Fo						
	e Discomfort					
Mood/St	ress					
☐ Daily	Reflections					

Any symptoms triggered	l after a specific meal?		
What can you improve to	omorrow (hydration, meal timing,	etc.)?	
>			

Day 16						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	roday:n	es (e.g.	, added lemon/m		
Dry Mou	nptom	Rating (1–5)	Notes	s (Triggers? Reli	ef?)	
Dry Eyes						
Fatigue	<u> </u>					
Joint Pair	n					
Brain Fo	g					
	Discomfort					
Mood/Str	ress					
	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 17						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating?	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast	A	ite	(✓)	(∨)	(∨)
10–	Morning Sn	o olr				
10– 11am	Worning Sir	аск				
12– 2pm	Lunch					
3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total W	ater Intake T	Today:		, added lemon/m		
	nptom	Rating (1–5)	Notes	(Triggers? Reli	ef?)	
Dry Mou						
Dry Eyes Fatigue	i					
Joint Pair	n					
Brain Fo						
	Discomfort					
Mood/St						
☐ Daily	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 18						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating?	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast	A	ite	(✓)	(∨)	(√)
10–		o olr				
10– 11am	Morning Sn	аск				
12– 2pm	Lunch					
3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
□ Sympt	tom Check-I	roday:n n a scale of 1 (lo		5 (severe)		
	nptom	Rating (1–5)	Notes	s (Triggers? Reli	ef?)	
Dry Mou						
Dry Eyes	<u> </u>					
Fatigue Joint Pair	n					
Brain Fo						
	e Discomfort					
Mood/Str						
	Reflections					

Any symptoms triggered after a	specific meal?	
	w (hydration, meal timing, etc.)?	
>		

Day 19						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating?	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast	A	···	(✓)	(✓)	(√)
10–	Morning Sn	o alz				
10– 11am	Morning Sir	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	roday:n	es (e.g.	, added lemon/m		
Dry Mou	nptom th	Rating (1–5)	Notes	s (Triggers? Reli	ef?)	
Dry Eyes						
Fatigue	<u> </u>					
Joint Pair	1					
Brain Fog	g					
Digestive	Discomfort					
Mood/Str	ress					
□ Daily	Reflections					

Any symptoms triggered	l after a specific meal?		
What can you improve to	omorrow (hydration, meal timing,	etc.)?	
>			

Day 20						
Date:		<u> </u>				
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	'oday:	es (e.g.,	, added lemon/m		
Dry Mou			11000	(111gge15) Item		
Dry Eyes						
Fatigue						
Joint Pair						
Brain Fo						
	Discomfort					
Mood/Str	ress					
	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 21						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating?	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast	11		(✓)	(✓)	(√)
10–	Morning Sn	ack				
11am 12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	oday: n n a scale of 1 (lo	es (e.g.	, added lemon/m		
Syr Dry Mou	nptom	Rating (1–5)	Notes	s (Triggers? Reli	<u>ef?)</u>	
Dry Eyes						
Fatigue	<u> </u>					
Joint Pair	1					
Brain Fog	g					
Digestive	Discomfort					
Mood/Str	ress					
□ Daily	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 22						
Date:						
☐ Meals	& Snacks					
Time	Mea		nat I .te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total Wa	e Time Amou	day (adjust per int (oz/ml) Not 'oday:	es (e.g.	., added lemon/m		
Dry Mou		Kating (1–3)	Hotes	s (111ggers. Ren		
Dry Eyes						
Fatigue						
Joint Pair						
Brain Fo						
Mood/Str	e Discomfort ress					
□ Daily	Reflections					

Any symptoms triggered after a	specific meal?	
	w (hydration, meal timing, etc.)?	
>		

Day 23						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total Wa	e Time Amou	day (adjust per int (oz/ml) Not 'oday:	es (e.g.	., added lemon/m		
Dry Mou		Kating (1–3)	THOLES	s (111ggers: Ren		
Dry Eyes						
Fatigue						
Joint Pair						
Brain Fo						
Mood/Str	e Discomfort ress					
	Reflections					

Any symptoms triggered	l after a specific meal?		
What can you improve to	omorrow (hydration, meal timing,	etc.)?	
>			

Day 24						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total Wa	e Time Amou	day (adjust per unt (oz/ml) Not Coday:	es (e.g.	., added lemon/m		
Dry Mou		Kating (1–3)	Notes	s (111ggers: Ken	e1: <i>)</i>	
Dry Eyes						
Fatigue						
Joint Pair						
Brain Fo						
Digestive Mood/Str	Discomfort					
1000d/201	1688		1			
□ Daily	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 25						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total Wa	e Time Amou	day (adjust per int (oz/ml) Not 'oday:	es (e.g.	, added lemon/m		
Dry Mou		Kating (1–3)	THOLES	s (Triggers: Ren	E1:)	
Dry Eyes						
Fatigue						
Joint Pair						
Brain Fo						
Mood/Str	e Discomfort ress					
	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 26						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating?	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast	11		(✓)	(∨)	(√)
10–	Morning Sn	ack				
11am 12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	oday:	es (e.g.	, added lemon/m		
Syr Dry Mou	nptom	Rating (1–5)	Notes	s (Triggers? Reli	<u>ef?)</u>	
Dry Eyes						
Fatigue	<u> </u>					
Joint Pair	1					
Brain Fo	g					
	Discomfort					
Mood/Str	ress					
□ Daily	Reflections					

Any symptoms triggered after a	specific meal?	
	w (hydration, meal timing, etc.)?	
>		

Day 27						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	roday:n	es (e.g.	, added lemon/m		
Dry Mou	nptom th	Rating (1–5)	Notes	s (Triggers? Reli	<u>ef?)</u>	
Dry Eyes						
Fatigue						
Joint Pair	n					
Brain Fo						
	Discomfort					
Mood/Str	ress					
	Reflections					

Any symptoms triggered	l after a specific meal?		
What can you improve to	omorrow (hydration, meal timing,	etc.)?	
>			

Day 28						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	roday:n	es (e.g.	, added lemon/m		
Syr Dry Mou	nptom	Rating (1–5)	Notes	s (Triggers? Reli	<u>ef?)</u>	
Dry Eyes						
Fatigue	<u> </u>					
Joint Pair	1					
Brain Fo						
	Discomfort					
Mood/Str	ress					
	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 29						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating?	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast	A	ie	(✓)	(√)	(√)
		_				
10– 11am	Morning Sn	ack				
12-	Lunch					
2pm 3–4pm	Afternoon S	Snack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Total W	ater Intake T	Today:		, added lemon/m		
	nptom	Rating (1–5)	Notes	s (Triggers? Reli	ef?)	
Dry Mou						
Dry Eyes	<u> </u>					
Fatigue						
Joint Pair Brain Fo						
	e Discomfort					
Mood/St						
☐ Daily	Reflections					

	r a specific meal?	
What can you improve tomor	row (hydration, meal timing, etc.)?	
>		

Day 30						
Date:						
☐ Meals	& Snacks					
Time	Mea		at I te	Hydrating? (✓)	Easy to Chew?	Anti-Inflammatory?
7–9am	Breakfast					
10– 11am	Morning Sn	ack				
12– 2pm	Lunch					
3–4pm	Afternoon S	nack				
6–8pm	Dinner					
8–9pm	Evening Sna (optional)	ack				
Beverage Total Wa	e Time Amou	'oday:	es (e.g.,	, added lemon/m		
Dry Mou		Rating (1-3)	110165	(Higgers: Ren		
Dry Eyes						
Fatigue						
Joint Pair						
Brain Fo						
	Discomfort					
Mood/Str	iess					
	Reflections					

Any symptoms triggered after a	specific meal?	
	w (hydration, meal timing, etc.)?	
>		

