FOOD SYMPTOM DIARY

Please list all foods and beverages consumed with this meal.	Symptoms: (please rate from 0 to 10, 10 being the most uncomfortable)		Please list all foods and beverages consumed with this meal.	Symptoms: (please rate from 0 to 10, 10 being the most uncomfortable)		Please list all foods and beverages consumed with this meal.	Symptoms: (please rate from 0 to 10, 10 being the most uncomfortable)		Number of bowel movements today?	Stool Consistency
Breakfast:	Bloating	012345678910	Lunch:	Bloating	012345678910	Dinner:	Bloating	012345678910		- Separate hard
	Abdominal pain	012345678910		Abdominal pain	012345678910		Abdominal pain	012345678910	0	lumps
	Cramping	012345678910		Cramping	012345678910		Cramping	012345678910	1	- Sausage-shaped,
	Flatulence	012345678910		Flatulence	012345678910		Flatulence	012345678910	· ·	but lumpy
	Constipation	012345678910		Constipation	012345678910		Constipation	012345678910	2	- Like a sausage but with cracks
	Diarrhea	012345678910		Diarrhea	012345678910		Diarrhea	012345678910	3	- Like a sausage,
	Indigestion	012345678910		Indigestion	012345678910		Indigestion	012345678910	3	smooth and soft
	Heartburn	012345678910		Heartburn	012345678910		Heartburn	012345678910	4	- Soft blobs with
	Reflux	012345678910		Reflux	012345678910		Reflux	012345678910	5	clear cut edges
	Burping	012345678910		Burping	012345678910		Burping	012345678910	3	- Fluffy pieces with
	Nausea	012345678910		Nausea	012345678910		Nausea	012345678910	5+	ragged edges - Watery, no solid
	Tiredness	012345678910		Tiredness	012345678910		Tiredness	012345678910		pieces
	Anxiety	012345678910		Anxiety	012345678910		Anxiety	012345678910		pieces
Breakfast:	Bloating	012345678910	Lunch:	Bloating	012345678910	Dinner:	Bloating	012345678910		- Separate hard
	Abdominal pain	012345678910		Abdominal pain	012345678910		Abdominal pain	012345678910	0	lumps
	Cramping	012345678910		Cramping	012345678910		Cramping	012345678910		- Sausage-shaped,
	Flatulence	012345678910		Flatulence	012345678910		Flatulence	012345678910	1	but lumpy
	Constipation	012345678910		Constipation	012345678910		Constipation	012345678910	2	- Like a sausage but with cracks
	Diarrhea	012345678910		Diarrhea	012345678910		Diarrhea	012345678910		- Like a sausage,
	Indigestion	012345678910		Indigestion	012345678910		Indigestion	012345678910	3	smooth and soft
	Heartburn	012345678910		Heartburn	012345678910		Heartburn	012345678910	4	- Soft blobs with
	Reflux	012345678910		Reflux	012345678910		Reflux	012345678910	_	clear cut edges
	Burping	012345678910		Burping	012345678910		Burping	012345678910	5	- Fluffy pieces with
	Nausea	012345678910		Nausea	012345678910		Nausea	012345678910	5+	ragged edges - Watery, no solid
	Tiredness	012345678910		Tiredness	012345678910		Tiredness	012345678910		pieces
D 16 .	Anxiety	012345678910		Anxiety	012345678910	D:	Anxiety	012345678910		1
Breakfast:	Bloating	012345678910	Lunch:	Bloating	012345678910	Dinner:	Bloating	012345678910		- Separate hard
	Abdominal pain	012345678910		Abdominal pain	012345678910		Abdominal pain	012345678910	0	lumps
	Cramping	012345678910		Cramping	012345678910		Cramping	012345678910		- Sausage-shaped,
	Flatulence	012345678910		Flatulence	012345678910		Flatulence	012345678910	1	but lumpy - Like a sausage but
	Constipation Diarrhea	012345678910		Constipation	012345678910		Constipation Diarrhea	012345678910	2	- Like a sausage but with cracks
		012345678910		Diarrhea	012345678910			012345678910		- Like a sausage,
	Indigestion	012345678910		Indigestion	012345678910		Indigestion	012345678910	3	smooth and soft
	Heartburn	012345678910		Heartburn	012345678910		Heartburn	012345678910	4	- Soft blobs with
	Reflux	012345678910		Reflux	012345678910		Reflux	012345678910	5	clear cut edges
	Burping	012345678910		Burping	012345678910		Burping	012345678910	5	- Fluffy pieces with ragged edges
	Nausea	012345678910		Nausea	012345678910		Nausea	012345678910	5+	- Watery, no solid
	Tiredness	012345678910		Tiredness	012345678910		Tiredness	012345678910		pieces
	Anxiety	012345678910		Anxiety	012345678910		Anxiety	012345678910		1 .