How to Use:

At the end of each day, take a few minutes to reflect on your meals and how they affected your body.

Date:
Did any foods trigger symptoms?
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Which meals made you feel best?
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Any changes in energy levels or bladder comfort?
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Adjustments to make for next week?
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- Fill in your meals for breakfast, lunch, dinner, and snacks.
- Record any symptoms that appear after meals.
- Track your hydration intake in ounces.
- Add any extra notes on how you're feeling.

Da	Breakfast	Symptoms?	Lunch	Symptoms?	Dinner	Symptoms?	Snacks	Hydration (oz)	Notes
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