

# Day 1

## 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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## How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 2

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 3

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 4

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]



## Day 5

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 6

### 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?



---



---

Any changes in energy levels or bladder comfort?



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Adjustments to make for next week?



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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

# Day 7

## 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?



---



---

Any changes in energy levels or bladder comfort?



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Adjustments to make for next week?



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## How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 8

### 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?



---



---

Any changes in energy levels or bladder comfort?



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Adjustments to make for next week?



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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]



## Day 9

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 10

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

# Day 11

## 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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## How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 12

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]



## Day 13

### 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?



---



---

Any changes in energy levels or bladder comfort?



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Adjustments to make for next week?



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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

# Day 14

## 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?



---



---

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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## How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

# Day 15

## 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?



---



---

Which meals made you feel best?



---



---

Any changes in energy levels or bladder comfort?



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Adjustments to make for next week?



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## How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

# Day 16

## 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?



---



---

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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## How to Use:

- 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.
-

## Daily Tracking Table

[illegible]



# Day 17

## 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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## How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 19

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

# Day 21

## 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?



---



---

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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## How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 22

### 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?



---



---

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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]



## Day 23

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 24

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 25

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 26

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]



## Day 27

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

# Day 28

## 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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## How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

## Day 29

### 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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### How to Use:

- 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.
-

## Daily Tracking Table

[illegible]

# Day 30

## 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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## How to Use:

- 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.
-

## Daily Tracking Table

[illegible]



