

Name: \_\_\_\_\_

Date to begin: \_\_\_\_\_

**Guidelines:** Write down EVERYTHING you eat and drink for meals and snacks and approximate amount of each.. List ingredients of homemade food. The purpose of this diary is not to judge your eating habits, but to learn more about your nutritional, biochemical, hormonal needs and strengths. Under BM, please list the time you had a bowel movement and if it was D (diarrhea) or C (constipation) or irregular in any way (ie. mucus, blood, undigested foods, ect). Include any symptoms you experience and time of day (ie. bloating, gas, headache, ect). If you take insulin, record type, dose and timing.

| <b>BREAKFAST<br/>Times</b> | <b>LUNCH<br/>Times</b> | <b>SUPPER<br/>Times</b> | <b>SYMPTOMS<br/>Times</b> | <b>BM<br/>Time(s)</b> |
|----------------------------|------------------------|-------------------------|---------------------------|-----------------------|
| Day One                    |                        |                         |                           |                       |
| Day Two                    |                        |                         |                           |                       |
| Day Three                  |                        |                         |                           |                       |

| <b>BREAKFAST<br/>Times</b> | <b>LUNCH<br/>Times</b> | <b>SUPPER<br/>Times</b> | <b>SYMPTOMS<br/>Times</b> | <b>BM<br/>Time(s)</b> |
|----------------------------|------------------------|-------------------------|---------------------------|-----------------------|
| Day Four                   |                        |                         |                           |                       |
| Day Five                   |                        |                         |                           |                       |
| Day Six                    |                        |                         |                           |                       |
| Day Seven                  |                        |                         |                           |                       |