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# 7 Day Food & Symptom Diary

Spot your personal food triggers

 FoodTrigger AI

**foodtriggerai.com**

Your data stays private. Always.

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# How to Use This Diary

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This diary helps you build awareness and spot patterns between what you eat and how you feel. Consistency is more important than perfection.

- 1 Write the date** — Start each day by filling in the date at the top.
- 2 Log your meals & snacks** — Record everything you eat and drink.  
Add ingredients and portion notes when possible.
- 3 Track your symptoms** — Note the type of symptom, severity (1-10),  
and when it started or how long it lasted.
- 4 Record mood & water** — Circle your mood and mark your water intake.
- 5 Use the Notes section** — Write anything else that might matter -  
stress, sleep, environment, or possible triggers.

**Be honest. Be consistent. Be kind to yourself.**

Patterns usually appear after several days of tracking.

# Day 1

Date \_\_\_\_\_

## MEAL LOG

### Breakfast

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### Lunch

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### Dinner

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### Snacks & Drinks

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## SYMPTOM TRACKING

| Symptom Type | Severity (1-10)      | Start Time | Duration (min) |
|--------------|----------------------|------------|----------------|
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |

## MOOD

How are you feeling overall?

1 2 3 4 5 6 7 8 9 10

Very low

Very good

## WATER INTAKE



1 cup = 250 ml

8 cups

## NOTES

Anything else that matters - stress, sleep, environment, or possible triggers.

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# Day 2

Date \_\_\_\_\_

## MEAL LOG

### Breakfast

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### Lunch

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### Dinner

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### Snacks & Drinks

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## SYMPTOM TRACKING

| Symptom Type | Severity (1-10)      | Start Time | Duration (min) |
|--------------|----------------------|------------|----------------|
| _____        | 1 2 3 4 5 6 7 8 9 10 | _____      | _____          |
| _____        | 1 2 3 4 5 6 7 8 9 10 | _____      | _____          |
| _____        | 1 2 3 4 5 6 7 8 9 10 | _____      | _____          |
| _____        | 1 2 3 4 5 6 7 8 9 10 | _____      | _____          |
| _____        | 1 2 3 4 5 6 7 8 9 10 | _____      | _____          |

## MOOD

How are you feeling overall?

1 2 3 4 5 6 7 8 9 10

Very low

Very good

## WATER INTAKE



1 cup = 250 ml

8 cups

## NOTES

Anything else that matters - stress, sleep, environment, or possible triggers.

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# Day 3

Date \_\_\_\_\_

## MEAL LOG

### Breakfast

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### Lunch

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### Dinner

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### Snacks & Drinks

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## SYMPTOM TRACKING

| Symptom Type | Severity (1-10)      | Start Time | Duration (min) |
|--------------|----------------------|------------|----------------|
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |

## MOOD

How are you feeling overall?

1 2 3 4 5 6 7 8 9 10

Very low

Very good

## WATER INTAKE



1 cup = 250 ml

8 cups

## NOTES

Anything else that matters - stress, sleep, environment, or possible triggers.

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# Day 4

Date \_\_\_\_\_

## MEAL LOG

### Breakfast

### Lunch

### Dinner

### Snacks & Drinks

## SYMPTOM TRACKING

| Symptom Type | Severity (1-10)      | Start Time | Duration (min) |
|--------------|----------------------|------------|----------------|
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |

## MOOD

How are you feeling overall?

1

2

3

4

5

6

7

8

9

10

Very low

Very good

## WATER INTAKE

1 cup = 250 ml

8 cups

## NOTES

Anything else that matters - stress, sleep, environment, or possible triggers.

# Day 5

Date \_\_\_\_\_

## MEAL LOG

### Breakfast

### Lunch

### Dinner

### Snacks & Drinks

## SYMPTOM TRACKING

| Symptom Type | Severity (1-10)      | Start Time | Duration (min) |
|--------------|----------------------|------------|----------------|
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |

## MOOD

How are you feeling overall?

1

2

3

4

5

6

7

8

9

10

Very low

Very good

## WATER INTAKE



1 cup = 250 ml

8 cups

## NOTES

Anything else that matters - stress, sleep, environment, or possible triggers.

# Day 6

Date \_\_\_\_\_

## MEAL LOG

### Breakfast

### Lunch

### Dinner

### Snacks & Drinks

## SYMPTOM TRACKING

| Symptom Type | Severity (1-10)      | Start Time | Duration (min) |
|--------------|----------------------|------------|----------------|
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |
|              | 1 2 3 4 5 6 7 8 9 10 |            |                |

## MOOD

How are you feeling overall?

1

2

3

4

5

6

7

8

9

10

Very lowVery good

## WATER INTAKE



1 cup = 250 ml8 cups

## NOTES

Anything else that matters - stress, sleep, environment, or possible triggers.

# Day 7

Date \_\_\_\_\_

## MEAL LOG

### Breakfast

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### Lunch

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### Dinner

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### Snacks & Drinks

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## SYMPTOM TRACKING

| Symptom Type | Severity (1-10)      | Start Time | Duration (min) |
|--------------|----------------------|------------|----------------|
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |
| <hr/>        | 1 2 3 4 5 6 7 8 9 10 | <hr/>      | <hr/>          |

## MOOD

How are you feeling overall?

1 2 3 4 5 6 7 8 9 10

Very low

Very good

## WATER INTAKE



1 cup = 250 ml

8 cups

## NOTES

Anything else that matters - stress, sleep, environment, or possible triggers.

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