

FREE PRINTABLE

Elimination Diet Log

Track what you remove and how you feel — ideally alongside a doctor or registered dietitian.

- Remove the food or group for 2–4 weeks, keeping meals otherwise as normal as you can.
- Fill in a row each day, even on uneventful days — quiet days are data too.
- Don't start reintroductions yet. Log those on the companion Food Reintroduction Log.
- An elimination diet is a structured experiment, not a long-term way of eating.

Food or group removed: _____

Date removed: _____

Elimination phase — daily log

Weeks 1

Date	Symptoms 0-5	Energy 1-5	Sleep (hrs)	Stress 1-5	What I ate (note accidental slips)	Notes

Elimination phase — daily log

Weeks 2

Date	Symptoms 0-5	Energy 1-5	Sleep (hrs)	Stress 1-5	What I ate (note accidental slips)	Notes