

Free Food Symptom Log

A simple daily record for meals, symptoms, timing, and notes.

Date _____ Day of week _____

MEAL 1

Meal / time

Time symptoms started

Foods / ingredients

Symptoms

Severity

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Notes / context

MEAL 2

Meal / time

Time symptoms started

Foods / ingredients

Symptoms

Severity

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Notes / context

MEAL 3

Meal / time

Time symptoms started

Foods / ingredients

Symptoms

Severity

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Notes / context

Daily reflection

What patterns or questions do you notice today?
