

**FOOD JOURNAL**

**Date/Time/Notes:** Be sure to note the day of week and the date.

**Meds/Supplements:** Note the time and any medications, supplements, vitamins, or herbs you are taking.

**Food Eaten/Amount/Description:** Write down the type of food you ate or drinks you drank. Be as specific as you can. Indicate the amount. Describe how the food was prepared: raw, baked, boiled, steamed, etc. Also indicate if you followed any other special preparation or cooking techniques if possible (Instant Pot, air fried, etc.). Estimate the size (small, medium, large, size of my fist, etc.), the volume (1/2 cup or 1 tsp), the weight (4 ounces) and/or the number of items (12 chips). Add any details, such as fresh, frozen, or canned, decaf or regular, type of milk, type of sugar, how the item was prepared, or a brand name, whole grain, organic, or enriched, Etc. Use as many lines/as much space as needed, rather than crowding information.

**Symptoms & All Notes**: In this column record ALL physical symptoms. Be sure to indicate times the symptom occurred, lasted and resolved. For some items, you may want to rate the symptom on a scale of 1-10 (1 meaning barely perceptible symptom. 10 meaning the most severe.) To make record keeping easier, for some common symptoms, you may want to develop some abbreviations. “D” for diarrhea, “C” for constipation. “M” for migraine, etc. (For example, D-1 might be very minimal diarrhea; M-10 would be a very severe migraine.) Just note what the abbreviations are someplace on each page, or when first listed. You can also rate how you were feeling while you were eating (for example, sad, happy, depressed). And, note if you feel great/no symptoms, etc.

**Be honest!**  The form is most useful if filled out completely and accurately. *Do the best you can.* It doesn’t need to be perfect.

Cheers!

Coach Erin

Nutrition@eatwitherin.com

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| Date/Time | Meds/supplements taken | Food Eaten, Drinks, Amounts and Description: brand, preparation, etc | Symptoms & All Notes. Use as many lines as needed for details in each category. |
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