

Food and symptoms

DATE _____

HOURS SLEPT _____

MEDICINE OR SUPPLEMENTS _____

TIME	FOOD AND DRINK	PORTION

TIME	SYMPTOM	0 TO 10	HOW LONG

TIME	TYPE 1 TO 7	NOTES

STRESS TODAY
○ ○ ○ ○ ○ ○
calm tense

NOTES FOR MY APPOINTMENT

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Stool types, 1 to 7

YOUR DOCTOR MAY CALL THIS THE BRISTOL SCALE

TYPE	WHAT IT LOOKS LIKE
1	Separate hard lumps, hard to pass
2	Lumpy and shaped like a sausage
3	Sausage shaped with cracks on the surface
4	Smooth and soft, like a sausage or a snake
5	Soft blobs with clear edges
6	Fluffy, mushy pieces with ragged edges
7	Watery, no solid pieces

Write the number in the day's log. It is a description to share at your appointment, not a diagnosis.

Week, summed up

DATE _____

PATTERNS I NOTICED THIS WEEK

FOODS TO ASK ABOUT OR TRY AGAIN

BEST DAY, AND WHY

HARDEST DAY, AND WHY

QUESTIONS FOR MY DOCTOR OR DIETITIAN
