

# Daily Food Journal

Tips when you are doing your journal:

- Be honest about what you are eating and drinking as well as what happens when you do
- Be thorough: write everything down
- How did the things you ate or drank affect your appetite (On a scale of 1 to 4 where 1 is “Really Hungry” and 4 is “No appetite”)?
- How was your mood after eating/drinking these foods? (Where 1 is a “great mood” and 4 is a “lousy mood”)
- Be particularly careful about noting your symptoms (or lack!) when you eat and drink as well as the time they emerge
- As you keep your journal, highlight the foods that seem to trigger symptoms, being careful to note if amounts make any difference

Date	Meds	Food / Beverages	Amount	Appetite (1 - 4)	Mood (1 - 4)	Symptoms