|  |  |  |
| --- | --- | --- |
|  |  |  |
| **FOOD JOURNAL** |
|  |  |  |
| NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |  |
| Write down everything you eat and drink for four days, including all snacks, beverages and water. Please include approximate amounts. If you notice any mood or digestive changes associated with a meal/snack, record it in the right-hand column. Also, bowel movements and consistency of each should be noted in the same column. |
|  |  |  |
| **Meal** | **Beverages** | **Mood/Digestive Changes** |
| **Bowel Movements (BM)** |
| Breakfast (Time:\_\_\_\_\_\_) |   |   |
| Snacks (Time:\_\_\_\_\_\_\_) |   |   |
| Lunch (Time:\_\_\_\_\_\_\_) |   |   |
| Snacks (Time:\_\_\_\_\_\_\_) |   |   |
| Dinner (Time:\_\_\_\_\_\_\_) |   |   |
| Snacks (Time:\_\_\_\_\_\_\_) |   |   |