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| **FOOD JOURNAL** | | |
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| 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. | | |
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| **Meal** | **Beverages** | **Mood/Digestive Changes** |
| **Bowel Movements (BM)** |
| Breakfast (Time:\_\_\_\_\_\_) |  |  |
| Snacks (Time:\_\_\_\_\_\_\_) |  |  |
| Lunch (Time:\_\_\_\_\_\_\_) |  |  |
| Snacks (Time:\_\_\_\_\_\_\_) |  |  |
| Dinner (Time:\_\_\_\_\_\_\_) |  |  |
| Snacks (Time:\_\_\_\_\_\_\_) |  |  |