Meal & symptom diary

Log one day in time order. Leave anything you did not notice blank.

Date

Meals, drinks & observations

Use a fresh row when something happens, even if you did not eat at that time.

Time	Food or drink, if any	How I felt or what I noticed

What else was going on?

Meal & symptom diary

Log one day in time order. Leave anything you did not notice blank.

Date

Saturday 7 November

Meals, drinks & observations

Use a fresh row when something happens, even if you did not eat at that time.

Time	Food or drink, if any	How I felt or what I noticed
8:00 am	Porridge and tea	Felt comfortable.
12:45 pm	Bean tacos and water	Ate at home.
2:15 pm		Felt a little queasy during a walk.
3:00 pm	Water	Sat down for a while.
6:30 pm	Soup and toast	Felt comfortable at dinner.

What else was going on?

I was travelling in the morning. I slept less than usual.