

Food Symptom Diary

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Symptoms							
Snack							
Symptoms							
Lunch							
Symptoms							
Snack							
Symptoms							

Dinner							
Symptoms							
Snack							
Symptoms							
Stool Type for each stool							
Number of 8oz glass of Water							
Total Sodium for day in MG							

Notes:

BRISTOL STOOL CHART			
	Type 1	Separate hard lumps	Very constipated
	Type 2	Lumpy and sausage like	Slightly constipated
	Type 3	A sausage shape with cracks in the surface	Normal
	Type 4	Like a smooth, soft sausage or snake	Normal
	Type 5	Soft blobs with clear-cut edges	Lacking fibre
	Type 6	Mushy consistency with ragged edges	Inflammation
	Type 7	Liquid consistency with no solid pieces	Inflammation