Food and Symptom Tracking

Daily worksheet | Page 1: food and drink

Use one two-page record per day. Record all meals, snacks, drinks, and symptoms as they occur, including symptom-free periods. Note amounts, ingredients, brands, sauces, and preparation where useful. This record can reveal patterns; it does not prove that a food caused a symptom.

Date	Stage: usual diet / elimination / planned reintroduction

Time	Food / drink, ingredients, brand and preparation	Amount

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Time	Food / drink, ingredients, brand and preparation	Amount

Continue on another copy if needed. Include water, caffeine and alcohol. Record medicines and supplements on page 2. For a planned reintroduction, record the exact food, portion and time; follow your clinician's plan rather than deliberately provoking a reaction.

Use digitally or print: Download and save a personal copy before typing. Use a PDF reader that supports forms, then save your entries. Your answers are not sent to Healthy to 101. Keep completed copies private and share them only as you choose.

Symptoms and Daily Context

Daily worksheet | Page 2: pair with your food record

Date

Symptoms present before eating / waking symptoms

Describe the symptom, its location, when it began, and how long it lasted. Rate severity from 0 (none) to 10 (worst imaginable); use the same scale each day. Record symptoms even when you cannot link them to food. Do not assume the most recent meal was responsible.

Onset / end time	Symptom, location and duration	Severity 0-10 / notes

Onset / end time	Symptom, location and duration	Severity 0-10 / notes

Onset / end time	Symptom, location and duration	Severity 0-10 / notes

Medicines / supplements: name, dose and time; note any changes

Sleep: hours and quality

Stress: 0-10 and relevant events

Bowel movements: time, consistency, urgency; other illness or activity

Review patterns with your healthcare professional. Do not stop prescribed medicines or use this worksheet to diagnose an allergy. Do not try a suspected allergen at home. For throat/tongue swelling, breathing difficulty or fainting, seek emergency help (911 in the U.S.); use prescribed epinephrine as directed.

Reference: American College of Allergy, Asthma & Immunology, Food Allergy Testing and Diagnosis. acaai.org/allergies/testing-diagnosis/food-allergy-testing-and-diagnosis/