

## WELCOME TO YOUR PERSONAL FOOD JOURNEY

Use this diary to keep a record of your daily eating, drinking and any subsequent symptoms.

Each day make a note of how you are feeling and any changes in your wellbeing.

Don't forget to include any snacks and the timing of both eating and drinking, as well as any symptoms.

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<b>MONDAY</b>	SYMPTOMS	<b>TUESDAY</b>	SYMPTOMS	<b>WEDNESDAY</b>	SYMPTOMS
<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>	
<b>SNACKS:</b>	<b>NOTES:</b>	<b>SNACKS:</b>	<b>NOTES:</b>	<b>SNACKS:</b>	<b>NOTES:</b>

<b>THURSDAY</b>	SYMPTOMS	<b>FRIDAY</b>	SYMPTOMS	<b>SATURDAY</b>	SYMPTOMS	<b>SUNDAY</b>	SYMPTOMS
<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>	
<b>SNACKS:</b>	<b>NOTES:</b>	<b>SNACKS:</b>	<b>NOTES:</b>	<b>SNACKS:</b>	<b>NOTES:</b>	<b>SNACKS:</b>	<b>NOTES:</b>

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<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>	
SNACKS:	NOTES:	SNACKS:	NOTES:	SNACKS:	NOTES:

<b>THURSDAY</b>	SYMPTOMS	<b>FRIDAY</b>	SYMPTOMS	<b>SATURDAY</b>	SYMPTOMS	<b>SUNDAY</b>	SYMPTOMS
<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>	
SNACKS:	NOTES:	SNACKS:	NOTES:	SNACKS:	NOTES:	SNACKS:	NOTES:

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<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>	
SNACKS:	NOTES:	SNACKS:	NOTES:	SNACKS:	NOTES:

<b>THURSDAY</b>	SYMPTOMS	<b>FRIDAY</b>	SYMPTOMS	<b>SATURDAY</b>	SYMPTOMS	<b>SUNDAY</b>	SYMPTOMS
<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>	
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<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>	
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<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
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<b>THURSDAY</b>	<b>SYMPTOMS</b>	<b>FRIDAY</b>	<b>SYMPTOMS</b>	<b>SATURDAY</b>	<b>SYMPTOMS</b>	<b>SUNDAY</b>	<b>SYMPTOMS</b>
<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
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<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>	
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