

# Your 7 Day Food and Symptom Diary

The aim of this food and symptom diary is to help you understand your symptoms and identify any relationships these may have work the food and drink that you consume.

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This is a hugely beneficial exercise in uncovering any food allergies or intolerances. In just recording your symptoms and intake of food and drink you may uncover links and be able to make dietary changes and reduce physical symptoms. If you choose to take a Lifelab blood test this diary can be used alongside your test results report to provide a deeper level of understanding of the symptoms you experience.

## What are your symptoms?

Please list the symptoms you have been experiencing below and rate their general severity. When evaluating each symptom think about the frequency, level of pain, duration and extent to which it affects your daily life.

Symptom	Severity of Symptom (1-5) 1 = best 5 = worst
<input type="text"/>	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
<input type="text"/>	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
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## How to use your diary?

1. Write the starting date in your food and symptom diary.
2. Each meal time record the time that you eat/drink and list all the food and drink you consume.
3. Record any symptoms you experience (diarrhoea, constipation, vomiting, headaches, bloating, abdominal pain, skin breakouts/rashes/hives, coughing, sneezing, nose running, sinus pain, swelling in face/lips, itching of eyes/ears/lips/throat/mouth, difficulty swallowing/breathing).

Date started

	Monday	Tuesday
Morning	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>
	Symptoms	Symptoms
Midday	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>
	Symptoms	Symptoms
Afternoon	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>
	Symptoms	Symptoms
Evening	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>
	Symptoms	Symptoms

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	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>
	Symptoms	Symptoms	Symptoms	Symptoms	Symptoms
Midday	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>
	Symptoms	Symptoms	Symptoms	Symptoms	Symptoms
Afternoon	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>
	Symptoms	Symptoms	Symptoms	Symptoms	Symptoms
Evening	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>	Meals/Snacks/Drinks <span style="float: right;">Time</span>
	Symptoms	Symptoms	Symptoms	Symptoms	Symptoms