

# FOOD JOURNAL WITH MOOD & SYMPTOM TRACKER

Please indicate all the foods & beverages in a given meal/snack & any corresponding symptoms (ex – sneezing, coughing, tight throat, rash, stomach pain, GERD, indigestion, diarrhea, insomnia, irritated, racing heart, sadness, fatigue, depression, etc.)

DAY 1	Foods & Beverages	Mood/Symptoms (Internal or External)
<b>Breakfast</b>		
<b>Snack</b>		
<b>Lunch</b>		
<b>Snack</b>		
<b>Dinner</b>		

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DAY 2	Foods & Beverages	Mood/Symptoms (Internal or External)
<b>Breakfast</b>		
<b>Snack</b>		
<b>Lunch</b>		
<b>Snack</b>		
<b>Dinner</b>		

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DAY 3	Foods & Beverages	Mood/Symptoms (Internal or External)
<b>Breakfast</b>		
<b>Snack</b>		
<b>Lunch</b>		
<b>Snack</b>		
<b>Dinner</b>		

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DAY 4	Foods & Beverages	Mood/Symptoms (Internal or External)
<b>Breakfast</b>		
<b>Snack</b>		
<b>Lunch</b>		
<b>Snack</b>		
<b>Dinner</b>		

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DAY 5	Foods & Beverages	Mood/Symptoms (Internal or External)
<b>Breakfast</b>		
<b>Snack</b>		
<b>Lunch</b>		
<b>Snack</b>		
<b>Dinner</b>		

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DAY 6	Foods & Beverages	Mood/Symptoms (Internal or External)
<b>Breakfast</b>		
<b>Snack</b>		
<b>Lunch</b>		
<b>Snack</b>		
<b>Dinner</b>		

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DAY 7	Foods & Beverages	Mood/Symptoms (Internal or External)
<b>Breakfast</b>		
<b>Snack</b>		
<b>Lunch</b>		
<b>Snack</b>		
<b>Dinner</b>		