

## Regarding the Diet Diary...

Please print 7 copies and use 1 copy per day for 7 days.

Be sure to include comments such as:

### Meals

(timing, what you ate, any symptoms),

### Energy levels

throughout the day (use a scale of 0-10),

### Stress levels

(again a scale of 0-10 is useful),

### Mood changes,

### Activities,

### Bowel habits

(constipation, loose stools, gas, etc)

### Sleep patterns

(hour to sleep, when you wake, any insomnia, if you feel refreshed when you wake, etc).

Any symptoms or items of note to you would be relevant information to include on the form.