

Instructions:

- 1: Eat only foods on your **customized elimination diet** plan.
- 2: Keep meals as **simple as possible**. It's best to eat **5 foods or less** to minimize confusing results.
- 3: Record **all food, water, and other beverage** intake. Be as detailed as you can in recording. Be sure to include **portion size and preparation** (i.e. raw, steamed, fried, baked, etc.) as closely as possible. Also record beverages, fats, oils, and condiments (i.e. dressings, sauces, etc.)
- 4: Indicate your **exercise, stress level, and emotional state** during each meal. For exercise, record the specific activity (i.e. walking, running, weight lifting), the length of time, and the intensity.
- 5: Rate **energy, stress level, and symptoms** from **0-10** where 0=none, 1=minimum, and 10=maximum.
- 6: Insert an entry for each **bowel movement** with time of day and indicate in box: the **color, quantity (S,M,L), thickness** (approx. finger widths) and **consistency** (H=Hard, S=Soft, WF=Well Formed, W=Watery). For other consistency, describe. (e.g. ideal is greenish brown, L,3,S)
- 7: For **pain, note location**. For **digestion, note specific symptoms** or areas of discomfort.
- 8: Record any **symptoms** you experience throughout the day along with the time and whether or not the symptoms appear to be **associated with food**. For example, if you eat breakfast at 9:00 am, have a headache at 11:00 am and eat lunch at 12:00 pm, there would be three entries in your chart, one for each time.
- 9: If you have a glucose meter, record your **glucose level** before you eat and, if possible, at 30 minutes and one hour after you eat

