

# DIET + FLUID TRACKER

DATE/TIME	FOOD/DRINK	MAIN INGREDIENTS + AMOUNT	SYMPTOMS BEFORE	SYMPTOMS AFTER	NOTES/COMMENTS
12/3 8:30am	Omelette	3 Eggs, 1 cup veggies (peppers, onions, spinach), milk, hot sauce	Mild	Moderate	Felt bloated
12/3 10:30am	Water	16 oz	Moderate	Mild	Headache reduced

