

RF 7 DAY FOOD AND SYMPTOM LOG. DAY/DATE:

Time of day	Hunger 1-10	Energy 1-10	Cravings?	Food choices	Calories	P (g)	C (g)	FAT (g)	Gut symptoms?	Mood symptoms?

Please print this out x7. This diary is only for 7 days; it's very detailed and will take time and effort to fill in. It needs to be accurate and current, filled in as and when you are eating your meals for maximum accuracy. (*Only fill in calories and macros if tracking on MFP! P=protein, F=fats, C=carbs*). Please include snacks, and drinks especially coffees and teas as this will help us to get a measure on your energy and what you might be relying on to manage your energy!

Gut symptoms: gas, bloating, ibs, diarrhoea, constipation, loose stool, urgent stool. **Mood symptoms:** energy crash, low mood, normal, oddly buoyant, jittery etc.