Food diary

One page, one week. Write things down as they happen, then look down the page for what lines up.

Shade the hours you felt it: mild moderate strong

Week of _____

Day	Breakfast with a rough amount	Lunch "big bowl", "two slices"	Dinner garlic? onion? beans?	Snacks and drinks coffee, alcohol too	When Ate: write B, L, D or S at the hour. Felt: shade bloating, gas, pain or urgency.	Poop type	Day line these change how the same meal feels
Mon					Ate Felt 6am 9am noon 3pm 6pm 9pm		Sleep _____ hours Stress ◯ ◯ ◯ low to high Period ◯ Meds ◯
Tue					Ate Felt 6am 9am noon 3pm 6pm 9pm		Sleep _____ hours Stress ◯ ◯ ◯ low to high Period ◯ Meds ◯
Wed					Ate Felt 6am 9am noon 3pm 6pm 9pm		Sleep _____ hours Stress ◯ ◯ ◯ low to high Period ◯ Meds ◯
Thu					Ate Felt 6am 9am noon 3pm 6pm 9pm		Sleep _____ hours Stress ◯ ◯ ◯ low to high Period ◯ Meds ◯
Fri					Ate Felt 6am 9am noon 3pm 6pm 9pm		Sleep _____ hours Stress ◯ ◯ ◯ low to high Period ◯ Meds ◯
Sat					Ate Felt 6am 9am noon 3pm 6pm 9pm		Sleep _____ hours Stress ◯ ◯ ◯ low to high Period ◯ Meds ◯
Sun					Ate Felt 6am 9am noon 3pm 6pm 9pm		Sleep _____ hours Stress ◯ ◯ ◯ low to high Period ◯ Meds ◯

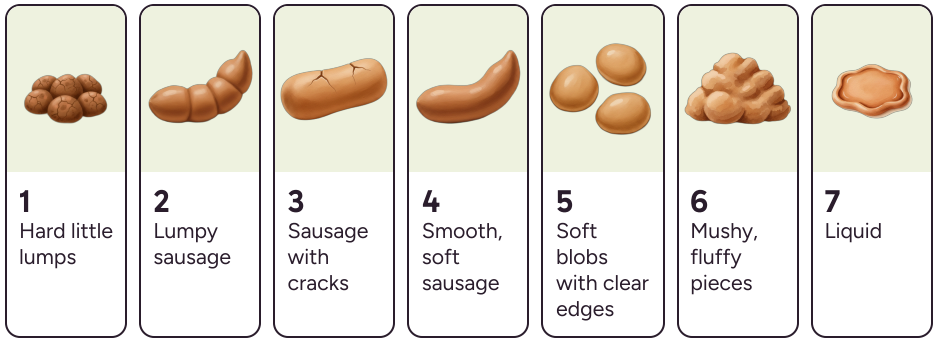
Lined up with symptoms this week: _____

Print two, one for each week. **Biome Bliss**

Reading your diary

Use the poop types as you log, and the steps after about two weeks.

Poop types (Bristol scale)



1	2	3	4	5	6	7
Hard little lumps	Lumpy sausage	Sausage with cracks	Smooth, soft sausage	Soft blobs with clear edges	Mushy, fluffy pieces	Liquid

How to read it

1. Mark the bad stretches.
Look down the shaded hours and circle every stretch with symptoms.

2. Look back further than the last meal.
Some symptoms start within a couple of hours of eating, and some show up the next day, so check the row above too.

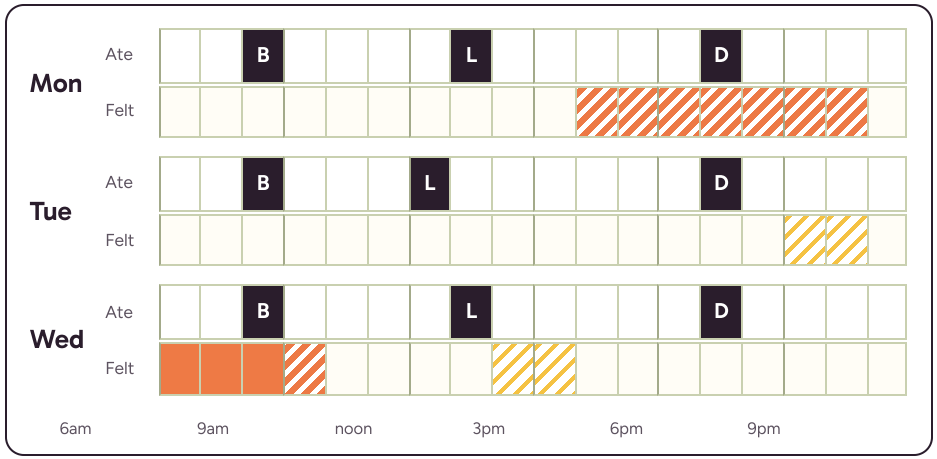
3. Check the comfortable days.
A food that turns up before bloating but also sits well on other days is a weaker suspect.

4. Look at portions.
Half a bowl of lentils can be fine when a full bowl isn't.

5. Note the rough nights and hard days.
Stress and gut symptoms tend to rise together, so read the day line too.

What a pattern looks like

Tuesday's garlic and onion dinner, then bloating that night and the next morning. Wednesday's breakfast gets the blame unless you look up a row.



If the same food keeps lining up with symptoms, and you're fine on the days you skip it, test it.

Before you start, get these checked:

- blood in your poop, or black poop
- weight loss you can't explain
- symptoms that wake you at night
- new or changed symptoms after about 50
- bloating on most days that doesn't go away, especially if you're a woman over 50
- fever, vomiting or severe pain