

LIFE'S BETTER: FODMAP CHALLENGE

your symptom diary



Helping you identify and understand your IBS triggers.

Record everything you eat and drink, any other potential stressors or causes of symptoms, and which symptoms you have experienced. Remember to record which foods, what time, and which symptoms you have experienced. Also take note of any stress management activities you have done, and anything else you notice as well.

Try using a scale to help you determine how bad your symptoms are: **1 - no symptoms, 2 - mild, nothing too much trouble, 3 - moderate, starting to cause a problem, 4 - becoming difficult, significant discomfort, 5 - severe, incredibly painful, cannot leave the house**

date & time				food / drink / stressors				symptoms				notes			