

# Tracking your symptoms

If you start having symptoms, you may want to keep track of what you eat, when you eat and the symptoms you experience. This information will help you and your providers assess the effectiveness of your treatment and/or identify foods causing your symptoms. There are many food tracker apps you can download on your computer or smartphone. Or you can use a simple tracker like this:

Day	Food eaten	Time	Symptoms
Sun.	Breakfast: Snack: Lunch: Snack: Dinner: Snack:		Symptom:  Time:  Duration:
Mon.	Breakfast: Snack: Lunch: Snack: Dinner: Snack:		Symptom:  Time:  Duration:
Tues.	Breakfast: Snack: Lunch: Snack: Dinner: Snack:		Symptom:  Time:  Duration:
Wed.	Breakfast: Snack: Lunch: Snack: Dinner: Snack:		Symptom:  Time:  Duration:
Thurs.	Breakfast: Snack: Lunch: Snack: Dinner: Snack:		Symptom:  Time:  Duration:
Fri.	Breakfast: Snack: Lunch: Snack: Dinner: Snack:		Symptom:  Time:  Duration:
Sat.	Breakfast: Snack: Lunch: Snack: Dinner: Snack:		Symptom:  Time:  Duration:

