

Symptoms Tracker

It's easy to forget how sick and tired you used to feel once you start feeling better! Use this chart to help you see the benefits of eliminating trigger foods from your diet.

Use the tables below to track your symptoms. Ideally, track your symptoms before you begin your elimination diet, during your transition week (days 8-14) and again in a couple of months.

Consider making one of the 'during the transition week' symptom tracker chart for each day of your cleanse. Each day you'll be adding a trigger food back into your diet. This chart may help you discover what food caused an issue like abdominal pain or acid reflux. Please know that some foods cause issues up to 48 hours later!

You can add any of your symptoms to the chart including skin concerns, sleep disturbances, and mood issues.

You're welcome to make any notes on your symptoms tracker. Make it your own.

Our goal is to take those pesky foods out of your diet for a while. We'll be giving your digestive system an opportunity to rest and repair.

Today is your day to feel better.

Symptoms	Before the cleanse							
	Frequency				Severity			
	Daily	Almost daily	3-4 times a week	1-2 times a week	Rarely	Mild	Moderate	Severe
Bloating								
Belching								
Flatulence								
Acid reflux								
Energy (0-10)								
Joint pain								
Depression								
Brain fog								
Sinus issues								

Today is your day to feel better.

Symptoms	Transition week Day # _____					
	Frequency		Severity			
	Immediate reaction	reaction within 24 hours.	Rarely	Mild	Moderate	Severe
Bloating						
Belching						
Flatulence						
Acid reflux						
Energy (0-10)						
Joint pain						
Depression						
Brain fog						
Sinus issues						

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Symptoms	2 months after my elimination diet							
	Frequency				Severity			
	Daily	Almost daily	3-4 times a week	1-2 times a week	Rarely	Mild	Moderate	Severe
Bloating								
Belching								
Flatulence								
Acid reflux								
Energy (0-10)								
Joint pain								
Depression								
Brain fog								
Sinus issues								

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