



## How to complete a Food & Symptom Diary

- Document all food and fluid intake for at least 3 days. Include the amount consumed and the brand (if relevant) where you can.
- Comment on any symptoms that you (your child) experience, its severity and the timing of onset
  - For example:
    - abdominal pain or discomfort
    - bowel movements (constipation, diarrhoea)
    - bloating
    - nausea or vomiting
    - tiredness or lethargy
- Include any relevant notes on mood including stress levels, anxiety, behaviour or other emotions
- Physical activity could include all types of movement including vigorous exercise or incidental activity
- Include any relevant notes on the location and speed of eating
- Include any other information you think is relevant in the comments section
- Feel free to record this information in a format that works best for you – e.g. Excel spreadsheet

## Sample Entry

Time	Foods	Fluids	Symptoms	Location/ Speed	Mood
Breakfast, 7am	Vegemite Toast 2 Slices, white bread, with butter	Flat White coffee	Stomach pain/ cramping (6/10), loose bowels x2	At work desk	Stress 8/10, running late for work

Day 1

Time	Foods	Fluids	Symptoms	Location/ Speed	Mood
Physical activity					
Notes					

Day 2

Time	Foods	Fluids	Symptoms	Location/ Speed	Mood
Physical activity					
Notes					

Day 3

Time	Foods	Fluids	Symptoms	Location/ Speed	Mood
Physical activity					
Notes					

Day 4

Time	Foods	Fluids	Symptoms	Location/ Speed	Mood
Physical activity					
Notes					

Other Notes: