

## Food, symptom, mood and activity diary

### Option 1: Written diary

- **Food & drinks** - Record the amounts, types and brands of foods eaten.
- **Symptoms** – Record and rate your symptoms (*1 =mild; 10 =severe*).
- **Mood** - Severe or chronic stress, anxiety and depression can make gut symptoms worse. Record and rate your stress, anxiety and mood (*1 =calm; 10 =very stressed*).
- **Activity** – Record the type and amount of physical activity. Make a note if you've had a very sedentary day.

#### Add your Symptoms

- |                    |                        |
|--------------------|------------------------|
| - Nausea           | - Abdominal Pain       |
| - Vomiting         | - Diarrhoea            |
| - Bloating         | - Constipation         |
| - Gas & Flatulence | - Incontinence/Leakage |

OR use the Bristol Stool Chart to help with identifying stools.

<https://www.continence.org.au/pages/bristol-stool-chart.html>

### SAMPLE

Meal	Food & Drinks	Symptoms	Mood (1-10)	Activity
Breakfast	½ avocado 2 slices white toast 1 glass Orange juice	2 bowel motions Diarrhoea – type 6. bloating (5/10) pain (2/10)	Running late for work - Stress – (6/10)	15minute walk

### Option 2: Use a Smartphone application

- Download a food, symptom and stress app such as one of following Android & IOS apps. Record in the app and then email your PDF report to:  
[info@lauraobrien.com.au](mailto:info@lauraobrien.com.au)



#### mySymptoms Food & Symptom Tracker

Record your food, drinks, medications, symptoms and stress.  
Print a PDF report. ("Lite" & Premium Versions).



#### The Monash University low FODMAP diet app

If following the low FODMAP diet, use the free week long food and symptom journal.  
Print a PDF report.

<http://www.med.monash.edu/cecs/gastro/fodmap/>



#### Cara: Food, Mood, Poop Tracker

Record your food, mood, medications, symptoms and mood. Create a PDF & share information with health professionals by email.



### Food, symptom, mood and activity diary

Date:

Meal	Food & Drinks	Symptoms	Mood	Activity
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Comments				

Date:

Meal	Food & Drinks	Symptoms	Mood	Activity
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Comments				

Date:

Meal	Food & Drinks	Symptoms	Mood	Activity
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