



FOOD CHEMICAL SENSITIVITIES JOURNAL & SYMPTOM TRACKER



Date:

Foods, drinks, vitamins, medications, personal care products, cleaning products, fume exposure.
Include times.

All symptoms including mood changes.
Any stressful events. Menstrual cycle.
Severity - Mild, MODerate, Severe.

BREAKFAST :

MORNING SNACK:

LUNCH :

Examples of possible symptoms: headaches, migraines, flue like aches and pains, joint pain, fatigue, hives, itching, sinus/nasal congestion, runny/sniffly nose, itchy/puffy eyes, stomach/bowl irritation, bladder irritation, heart-rate increase/tachycardia, breathlessness, severe PMS, painful periods, irritability, moodiness, restlessness, anxiety, 'brain fog', impaired cognition.

Date:



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Include times.

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Any stressful events. Menstrual cycle.
Severity - Mild, MODerate, Severe.

AFTERNOON SNACK:

EVENING MEAL:

EVENING SNACK:

Notes: