








## Food and Symptom Diary

Day	Time	Food	Bowels	Other Symptom	Stress
Mon	7am	buds – 1 handful.	6:15am Type 3, loose	Pain Bloating Wind Burping Gurgling Urgency Incomplete-Evacuation Nausea Heartburn Reflux Tired	
<b>Example</b>		Wheatmeal bread x2 + mayonnaise (thick spread) + 2 slices of pastrami + 4 slices of cucumber (thin slice).		Use a simple scale of 0-3 for symptoms: 0 = none (no symptoms) 1 = mild (occasional or mild symptoms) 2 = moderate (frequent symptoms) 3 = severe (continuous symptoms) e.g. B1 = bloating mild. C3 = severe cramps/high pain levels e.g. 7:30 - B2 + C1	

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### Bristol Stool Chart

Type 1 	Separate hard lumps, like nuts (hard to pass)
Type 2 	Sausage-shaped but lumpy
Type 3 	Like a sausage but with cracks on its surface
Type 4 	Like a sausage or snake, smooth and soft
Type 5 	Soft blobs with clear-cut edges (passed easily)
Type 6 	Fluffy pieces with ragged edges, a mushy stool
Type 7 	Watery, no solid pieces. Entirely liquid