

Clever Guts Daily Food & Symptoms Diary



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Date					
Meal	Time	Food & drink content & quantity	Symptoms; eg bloating, abdominal pain, nausea, sickness, diarrhoea, brain fog, irritability, headache	Symptom time & duration	Other factors; Including stress, poor sleep, exercise, illness, medicines & remedies
Breakfast					
Snack?					
Lunch					
Snack?					
Supper					
Snack?					

Notes	
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