

Symptom Chart

Listening to your body during the reintroduction phase is crucial. Use this chart daily to track your reactions to food.



REINTRODUCTION PHASE SYMPTOM CHART

Listen to Your Body

RATE YOUR SYMPTOMS EACH DAY FROM 0-10. NO SYMPTOMS AT ALL = 0. THE WORST YOU CAN IMAGINE = 10.

COMPLETE THIS LOG FOR EACH NEW FOOD THAT YOU REINTRODUCE.

NEW FOOD/FOOD GROUP BEING INTRODUCED: _____

DATE NEW FOOD WAS REINTRODUCED: _____

ANY SYMPTOMS WITHIN THE FIRST TWO - THREE HOURS OF REINTRODUCING THIS FOOD: Yes / No

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Headache							
Fatigue							
Anxiety/Depression							
Sleep Disturbance							
Bloating/gas							
Joint pain							
Constipation							
Diarrhea							
Brain fog							
Skin issues/itching							
Musle aches							
Other							