**FOOD JOURNAL/LIFESTYLE DIARY/ BOWEL SYMPTOM CHART**

DAY OF THE WEEK: M T W TH F SAT SUN

DATE:

TIME & DEGREE OF HUNGER FOOD SERVING SIZE FEELING BOWEL SYMPTOM

LOCATION 0=RAVENOUS

 10=OVERLY FULL

 Pre Post

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| *SNACKS* |  |  |  |  |  |  |

EXERCISE:

STRESS MANAGEMENT:

NOTES: