

Food Sensitivity + Symptom Tracker



Use this tracker to log meals and monitor for potential food sensitivities or intolerances. Note how you feel after eating and document any symptoms that may arise throughout the day.

Date	Meal / Snack	Time Eaten	How I Felt After (1 - 10)	Symptoms Noticed	Onset Time	Duration	Suspected Trigger

Tips:

- Fill out after each meal or snack if you're noticing patterns.
- Track delayed reactions — some sensitivities take hours to show up.
- Include any food ingredients or condiments that might be suspect.