

Time:	Food & Drink:	DAY THREE
	Provide as much detail as possible when describing your food and drink intake. For example, ½ an avocado on 2 slices rye sourdough, salt and pepper, 1 cup of coffee with ½ cup soy milk and 1tsp coconut sugar.	
	BREAKFAST:	
	SNACK:	
	LUNCH:	
	SNACK:	
	DINNER:	
	SNACK:	
Time:	Symptoms:	Severity (1-5):
	1 = mild, 5 = incredibly severe/debilitating	
Time:	Bowel Motion:	
	Provide detail to describe as loose, firm, diarrhoea etc.	
Time:	Sleep:	
	Provide as much detail to describe quality of rest.	
Summary of today - good/average/poor/horrible day? Any comments?		

PATIENT ASSESSMENT TOOL

Gastrointestinal Restoration Protocol



Patient Name:

3 DAY Food Symptom Diary

Start Date:

Practitioner Details:

Time:		Food & Drink:		DAY ONE	
		Provide as much detail as possible when describing your food and drink intake. For example, ½ an avocado on 2 slices rye sourdough, salt and pepper, 1 cup of coffee with ½ cup soy milk and 1tsp coconut sugar.			
		BREAKFAST:			
		SNACK:			
		LUNCH:			
		SNACK:			
		DINNER:			
		SNACK:			
Time:		Symptoms:		Severity (1-5):	
		1 = mild, 5 = incredibly severe/debilitating			
Time:		Bowel Motion:			
		Provide detail to describe as loose, firm, diarrhoea etc.			
Time:		Sleep:			
		Provide as much detail to describe quality of rest.			
Summary of today - good/average/poor/horrible day? Any comments?					

Time:		Food & Drink:		DAY TWO	
		Provide as much detail as possible when describing your food and drink intake. For example, ½ an avocado on 2 slices rye sourdough, salt and pepper, 1 cup of coffee with ½ cup soy milk and 1tsp coconut sugar.			
		BREAKFAST:			
		SNACK:			
		LUNCH:			
		SNACK:			
		DINNER:			
		SNACK:			
Time:		Symptoms:		Severity (1-5):	
		1 = mild, 5 = incredibly severe/debilitating			
Time:		Bowel Motion:			
		Provide detail to describe as loose, firm, diarrhoea etc.			
Time:		Sleep:			
		Provide as much detail to describe quality of rest.			
Summary of today - good/average/poor/horrible day? Any comments?					