

Diet Symptom Journal (DSJ)

Today's Date:

Your Name:

Rate your sleep last night: Poor -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 Good

FOOD INTAKE List all food & drink	Symptoms and Reactions					
	Record your symptoms (in every cell below) before eating (C) and after eating (D), including new symptoms. Compare symptoms "After" (D) to "Before"(C) and circle correct description in (E) and (F). Summarize in (G).					
A	B	BEFORE C	1-2 HOURS AFTER D	BETTER E	WORSE F	OVERALL G
BREAKFAST	Appetite			not hungry	still hungry	OVERALL r Better q Worse
	Cravings			less craving/none	still cravings	
	Physical			better, improved	same or worse	
	Energy			better, improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	
SNACK	Appetite			not hungry	still hungry	OVERALL r Better q Worse
	Cravings			less craving/none	still cravings	
	Physical			better, improved	same or worse	
	Energy			better, improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	
LUNCH	Appetite			not hungry	still hungry	OVERALL r Better q Worse
	Cravings			less craving/none	still cravings	
	Physical			better, improved	same or worse	
	Energy			better, improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	
SNACK	Appetite			not hungry	still hungry	OVERALL r Better q Worse
	Cravings			less craving/none	still cravings	
	Physical			better, improved	same or worse	
	Energy			better, improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	
DINNER	Appetite			not hungry	still hungry	OVERALL r Better q Worse
	Cravings			less craving/none	still cravings	
	Physical			better, improved	same or worse	
	Energy			better, improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	
SNACK	Appetite			not hungry	still hungry	OVERALL r Better q Worse
	Cravings			less craving/none	still cravings	
	Physical			better, improved	same or worse	
	Energy			better, improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	