**Selph Health Studio**

Food & Mood Diary

| Day | Meal | Time | Food+ Drinks | Mood | Symptoms | Stool frequency + consistency (formed, loose, watery, undigested food…) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | Breakfast |  |  |  |  |  |
|  | Lunch |  |  |  |  |  |
|  | Dinner |  |  |  |  |  |
|  | Snacks |  |  |  |  |  |
| **Monday** | Breakfast |  |  |  |  |  |
|  | Lunch |  |  |  |  |  |
|  | Dinner |  |  |  |  |  |
|  | Snacks |  |  |  |  |  |
| **Tuesday** | Breakfast |  |  |  |  |  |
|  | Lunch |  |  |  |  |  |
|  | Dinner |  |  |  |  |  |
|  | Snacks |  |  |  |  |  |
| **Wednesday** | Breakfast |  |  |  |  |  |
|  | Lunch |  |  |  |  |  |
|  | Dinner |  |  |  |  |  |
|  | Snacks |  |  |  |  |  |
| **Thursday** | Breakfast |  |  |  |  |  |
|  | Lunch |  |  |  |  |  |
|  | Dinner |  |  |  |  |  |
|  | Snacks |  |  |  |  |  |
| **Friday** | Breakfast |  |  |  |  |  |
|  | Lunch |  |  |  |  |  |
|  | Dinner |  |  |  |  |  |
|  | Snacks |  |  |  |  |  |
| **Friday** | Breakfast |  |  |  |  |  |
|  | Lunch |  |  |  |  |  |
|  | Dinner |  |  |  |  |  |
|  | Snacks |  |  |  |  |  |
| **Saturday** | Breakfast |  |  |  |  |  |
|  | Lunch |  |  |  |  |  |
|  | Dinner |  |  |  |  |  |
|  | Snacks |  |  |  |  |  |

Alternatively, feel free to take photos of your meals, drinks and snacks and then document mood, symptoms and stools on this diary or in your phone or a notebook.