**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.