

Food and Symptom Diary

Printable template · one week

How to keep the diary:

- Write down every meal and drink with the time – snacks and small bites too.
- Note symptoms as they happen, with the time and an intensity from 1 (mild) to 5 (severe).
- Record every bowel movement with the time and its Bristol type (legend below).
- Sleep: when you went to bed, when you got up, and how rested you feel.
- Keep the diary for at least one to two weeks – patterns only show through repetition.

Complaints often trail the meal behind them by hours. That is exactly why the time matters.

Bristol stool scale:

1 – separate hard lumps 2 – lumpy, sausage-shaped 3 – sausage with cracks
4 – smooth and soft (ideal) 5 – soft blobs, clear edges 6 – mushy, ragged edges 7 – liquid

The app alternative: NutriSpy keeps this diary by voice, photo or barcode, adds sleep and activity from Apple Health or Health Connect, and shows you which habits and foods go with your worse days.

nutrispy.de

Food and Symptom Diary

Day 1

Date: _____

Sleep: to bed _____ got up _____ rested? ☐ yes ☐ partly ☐ no

Day 2

Date: _____

Time	Meal / drink	Stool (Bristol)	Symptoms (intensity 1-5)	Notes

Sleep: to bed _____ got up _____ rested? ☐ yes ☐ partly ☐ no

Day 3

Date: _____

Time	Meal / drink	Stool (Bristol)	Symptoms (intensity 1-5)	Notes

Sleep: to bed _____ got up _____ rested? ☐ yes ☐ partly ☐ no

Day 4

Date: _____

Sleep: to bed _____ got up _____ rested? ☐ yes ☐ partly ☐ no

Day 5

Date: _____

Time	Meal / drink	Stool (Bristol)	Symptoms (intensity 1-5)	Notes

Sleep: to bed _____ got up _____ rested? ☐ yes ☐ partly ☐ no

Day 6

Date: _____

Time	Meal / drink	Stool (Bristol)	Symptoms (intensity 1-5)	Notes

Sleep: to bed _____ got up _____ rested? ☐ yes ☐ partly ☐ no

Day 7

Date: _____

Sleep: to bed _____ got up _____ rested? ☐ yes ☐ partly ☐ no