



Comprehensive Care  
 Rheumatology • Naturopathy  
 Acupuncture • Yoga Therapy

**Instructions** – (see Diet Diary handout for more detail)

1. Write down everything eaten with quantities each day.
2. When a food is made of several items, list each item separately.
3. If food is homemade, write down the ingredients.
4. Record exercise, bowel movements, and how you feel each day as well.
5. Remember that this information is to help us learn about the impact of nutrition on your health. There is no judgment made on what you eat or don't eat. Just consume your normal diet and we will learn from it.

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snacks</i>	<i>Exercise</i> <small>(duration, intensity)</small>	<i>BM</i> <small>(time / ease)</small>	<i>Symptoms / How feel?</i> <small>(Rate 0-10, 10 = great)</small>
<i>Day 1</i>						
<i>Day 2</i>						
<i>Day 3</i>						

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Exercise</b> <i>(duration, intensity)</i>	<b>BM</b> <i>(time / ease)</i>	<b>Symptoms / How feel?</b> <i>(Rate 0-10, 10 = great)</i>
<i>Day 4</i>						
<i>Day 5</i>						
<i>Day 6</i>						
<i>Day 7</i>						