

# Elimination Diet Tracker

Instructions:

1. Use one page per day.
2. Write down everything you eat and drink.
3. Log symptoms (skin, mood, digestion, etc.).
4. Use the notes section for stress levels, sleep, or anything unusual.

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

Meal Time	Food & Drink Consumed	Notes (brand, ingredients, etc.)
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Evening Snack		

Symptom	Severity (1-5)	Notes (location, time of day, etc.)
Itching		
Rash		
Burning or stinging		
Tingling		
Dry or cracked skin		
Swelling		
Nail changes		
Fatigue		
Brain fog		
Digestive issues		
Mood changes		

Food Reintroduced	Date	Reaction (Y/N)	Symptoms & Notes

**Daily Notes:**

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