

# Lifestyle diary

We're not always paying the best attention to the cause and effect of what we do to our health, keeping track of food, symptoms and lifestyle can help you and your dietitian/doctor understand where your problems may have come from.

People who have used a lifestyle diary were surprised by the patterns they found and some gained much clearer ideas of what foods to eliminate from their diets and what lifestyle factors to work on.

## **Food & drinks - Record the type, amounts and how you prepared them.**

*Examples:*

Breakfast: 1 cup of freshly made tea lemon tea, 1 piece of rye bread with strawberry jam, a handful of walnuts

## **Symptoms - Record what symptoms you are experiencing and the severity**

*Examples:*

Nausea - 1, Gas - 2, Diarrhoea - 3

Other possible symptoms: Bloating, Abdominal pain, Heart burn, Constipation, Bleeding, Indigestion

## **Mood - Record the emotions you experienced today and compare to yesterday.**

*Examples:*

Stressed out at work but coped better than yesterday.