

Recipes for Repair: *Symptom Journal*

PHASE 4 (maintenance phase)	Date																	Weight	Exercise?	Hours of sleep	Menstrual cycle	

Directions: Repeat the daily persistent symptoms at the top of each column, even if symptoms have been eliminated. By now you've added all allowable foods from the diet back into your life. Continue to keep track of symptoms as it's helpful to assess your progress as time goes by. If you plan to add a food that once was a problem back into your diet write down the new food and date below and watch your symptoms. You can compare your symptom response by looking back at older grids. Always document any events, appointments, changes in treatment protocol, etc. and/or notable changes that may affect how you're feeling to eliminate any other variables.

Food reintegration and notable events *(see above instructions)*

Disclaimer: All matters regarding your health, including food choices and changes in your diet, should be done under the guidance of your practitioner. Copyright © 2016. All rights reserved.