The Center: Natural Health Specialists
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(These forms are available for download at our website)

Daily Diet & Symptoms Log

Name:_____ Area of Attention:_____

Day 1 - Date:		
Breakfast: Drinks: Mid-Morning Snack:	Lunch: Drinks: Mid-Afternoon Snack:	Dinner: Drinks: Nighttime Snack:
Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10
Notes:	Notes:	Notes:

Day 2 - Date:		
Breakfast: Drinks: Mid-Morning Snack:	Lunch: Drinks: Mid-Afternoon Snack:	Dinner: Drinks: Nighttime Snack:
Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10
Notes:	Notes:	Notes:

Day 3 - Date:		
Breakfast: Drinks: Mid-Morning Snack:	Lunch: Drinks: Mid-Afternoon Snack:	Dinner: Drinks: Nighttime Snack:
Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10
Notes:	Notes:	Notes:

Day 4 - Date:		
Breakfast: Drinks: Mid-Morning Snack:	Lunch: Drinks: Mid-Afternoon Snack:	Dinner: Drinks: Nighttime Snack:
Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10
Notes:	Notes:	Notes:

Day 5 - Date:		
Breakfast: Drinks: Mid-Morning Snack:	Lunch: Drinks: Mid-Afternoon Snack:	Dinner: Drinks: Nighttime Snack:
Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10
Notes:	Notes:	Notes:

Day 6 - Date:		
Breakfast: Drinks: Mid-Morning Snack:	Lunch: Drinks: Mid-Afternoon Snack:	Dinner: Drinks: Nighttime Snack:
Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10
Notes:	Notes:	Notes:

Day 7 - Date:		
Breakfast: Drinks: Mid-Morning Snack:	Lunch: Drinks: Mid-Afternoon Snack:	Dinner: Drinks: Nighttime Snack:
Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10	Severity of Problem: 1 2 3 4 5 6 7 8 9 10
Notes:	Notes:	Notes: