

# Food & Trigger Log

Track what you eat, drink, and do alongside your symptoms. Use the status key to mark each entry as you learn more. Circle any meal or day where symptoms spiked.

Week of: \_\_\_\_\_ Name: \_\_\_\_\_

**Food Status Key:** S = Safe — no reaction    N = Neutral — unsure    T = Trigger — caused symptoms    ? = Still testing

Date / Meal	Food & drink	Status (S/N/T/?)	Pain (0-10)	Urgency (0-10)	Notes / symptoms
<b>Day 1 — Date:</b> _____					
Breakfast					
Lunch					
Dinner					
Snacks					
<i>Non-food triggers</i>	Activity / posture: _____ Stress event: _____ Chemical exposure: _____ Other: _____				
<b>Day 2 — Date:</b> _____					
Breakfast					
Lunch					
Dinner					
Snacks					
<i>Non-food triggers</i>	Activity / posture: _____ Stress event: _____ Chemical exposure: _____ Other: _____				
<b>Day 3 — Date:</b> _____					
Breakfast					
Lunch					
Dinner					
Snacks					
<i>Non-food triggers</i>	Activity / posture: _____ Stress event: _____ Chemical exposure: _____ Other: _____				



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**Food & Trigger Log – continued**

Date / Meal	Food & drink	Status (S/N/T/?)	Pain (0–10)	Urgency (0–10)	Notes / symptoms
<b>Day 4 – Date:</b> _____					
Breakfast					
Lunch					
Dinner					
Snacks					
<i>Non-food triggers</i>	Activity / posture: _____ Stress event: _____ Chemical exposure: _____ Other: _____				
<b>Day 5 – Date:</b> _____					
Breakfast					
Lunch					
Dinner					
Snacks					
<i>Non-food triggers</i>	Activity / posture: _____ Stress event: _____ Chemical exposure: _____ Other: _____				
<b>Day 6 – Date:</b> _____					
Breakfast					
Lunch					
Dinner					
Snacks					
<i>Non-food triggers</i>	Activity / posture: _____ Stress event: _____ Chemical exposure: _____ Other: _____				
<b>Day 7 – Date:</b> _____					
Breakfast					
Lunch					
Dinner					
Snacks					
<i>Non-food triggers</i>	Activity / posture: _____ Stress event: _____ Chemical exposure: _____ Other: _____				
<b>Patterns I noticed this week</b>					



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