## **My Food and Mood Dairy**

Complete this whenever you have symptoms such as bloating, cramps, diarrhoea or constipation. Include the number of times you had to open your bowels in the symptoms column. The first two rows give you an example of things you might include

Time and Date	Symptoms	What I ate	What was my mood like?	What else was going on at that time?
6am Wed 28 Oct	Woke up with bad cramps	Nothingsince tea on Tue, had chicken and baked potato	Felt stressed and hadn't slept well	Had a stressful week at work and a bad report form my teenager's parents' evening on Tue
8pm Sat 14 Nov	Had to rush to the loo twice with diarrhoea	Mild takeaway curry for tea	Relaxed and happy	Nothing significant