



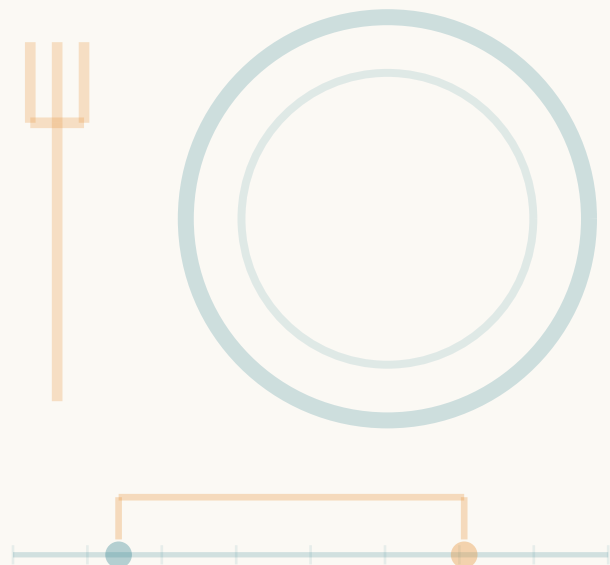
ARDENT WORKSHOP

AN ARDENT WORKSHOP PRODUCT

Food & Symptom Log Starter

A simple one-page log — what you ate, how you felt, how bad it was.

Free · from Ardent Workshop



A simple food & symptom log to keep where you'll use it

One page to record what you ate beside how you felt. Keep it on the fridge or in a bag, fill it in pen, and bring it to your next appointment. The first rows are filled in as an example — carry on underneath them in your own words.

WRITE THE TIME IF YOU CAN — IT'S WHAT MAKES A PATTERN FINDABLE

This page has room for the day. If you can also note the clock time of a meal and the time a symptom started, do — the gap between them is the thing that turns a diary into a pattern. That timing is what the full journal is built around. This is a record you keep, not medical or dietary advice.

How bad, 1–5: 1 = barely noticed · 3 = uncomfortable, distracting · 5 = had to stop what I was doing

Date	What I ate	How I felt	1–5	Notes
Jun 1	Breakfast — Oatmeal with milk, banana, coffee	Bloating	3	Mid-morning, uncomfortable at my desk
Jun 2	Breakfast — Toast with butter, coffee	Bloating	3	
Jun 3	Dinner — Pasta with tomato sauce, parmesan, garlic bread	Abdominal pain / cramping	4	Woke me up; worst so far
Jun 5	Snack — Latte and a cookie	Bloating	3	About two hours after the latte
Jun 6	Lunch — Cheese sandwich, chips	Urgent bathroom trip	4	Roughly three hours after the cheese sandwich

Date	What I ate	How I felt	1-5	Notes

The tinted rows are a worked example — they are fictional.

THIS IS THE DIARY — THE FULL JOURNAL DOES THE COUNTING

This starter records. The Food & Symptom / Elimination-Diet Journal is the system behind it — a 10-tab workbook (Excel & Google Sheets) where you set a reaction window in hours, and it checks every meal against every symptom for you, then ranks each watched food by how often a symptom followed it. Plus elimination phases with live dates, a reintroduction log that checks for the reaction itself, and a one-page appointment summary. [Get it at ardentworkshop.com](https://ardentworkshop.com) >

A record you keep — write what you ate and how you felt, never a patient-portal login or a full insurance member number. A record-organizing sheet, not medical or dietary advice, a diagnosis, or an allergy test; noticing a food beside a symptom is not proof it caused it. Elimination diets are normally run with a doctor or a registered dietitian. Seek urgent care for any severe reaction — trouble breathing, swelling of the face or throat, or fainting. © Ardent Workshop LLC. Free to use; please don't resell or redistribute.