

Food Log - Post Detox

Use this food log to track your symptoms and monitor your progress. Print out as many copies as you need to keep track of all your reactions as you go off the program.

DATE	FOOD INTRODUCED	SYMPTOMS

Note: Common symptoms include postnasal drip; digestive problems such as bloating, gas, constipation, or diarrhea; acid reflux; headaches; joint pains; fluid retention; fatigue; brain fog; mood changes; changes in sleep pattern; rashes; and more.