



FOUNDATION STONE MEDICINE

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DIET DIARY

Please record all foods and drinks consumed, listing the quantity and brand if applicable. Include water consumption and do your best to include the weekend, as our eating habits oftentimes change at that time.

	MORNING	NOON	EVENING	BOWEL MOVEMENTS	REPORTABLE SYMPTOMS
SUNDAY					
MONDAY					

TUESDAY					
WEDNESDAY					
THURSDAY					

FRIDAY					
SATURDAY					