

## Food Reintroduction Symptom Tracker

	Day 1 thru 3 Food introduced	Day 4 thru 6 Food introduced	Day7 thru 9 Food introduced
gut			
bowel function			
headache			
congestion			
skin			
energy level			
joint pain			
muscle pain			
other			
	Day 10 thru 12 Food introduced	Day 13 thru 15 Food introduced	Day16 thru 18 Food introduced
gut			
bowel function			
headache			
congestion			
skin			
energy level			
joint pain			
muscle pain			
other			

	<b>Day 19 thru 21 Food introduced</b>	<b>Day 22 thru 24 Food introduced</b>	<b>Day 25 thru 27 Food introduced</b>
gut			
bowel function			
headache			
congestion			
skin			
energy level			
joint pain			
muscle pain			
other			