

### Appendix 1: Track Your Progress

Monitor your symptoms before starting on the elimination diet and a few months down the road to track your progress.

<i>Before</i>								
Symptoms	Frequency					Severity		
Date: _____	Daily	Almost Daily	3-4 Times Per Week	1-2 Times Per Week	Rarely	Mild	Moderate	Severe
Bloating								
Abdominal pain								
Flatulence								
Belching								
Feeling of urgency								
Acid reflux								
Fatigue								
Depression								
Brain fog								
Bowel movements	Average frequency:							
	Appearance on the poop chart (circle): 1 2 3 4 5 6 7 a b							

<i>After</i>								
Symptoms	Frequency					Severity		
Date: _____	Daily	Almost Daily	3-4 Times Per Week	1-2 Times Per Week	Rarely	Mild	Moderate	Severe
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Bowel movements	Average frequency:							
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