

# Foods and Triggers

		Days The Food Was Eaten																					
Food		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	

		Days The Trigger Was Present																					
Trigger		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	

\*\*It's really important to cut out a food or trigger for at least three weeks at a time to make sure it's completely out of the system. It's best to cut out one food or food group (ie. dairy) at a time.

Symbol Key	
<input type="radio"/>	Full Serving (Cheese: Cheese on Pizza, Cheese and Crackers etc. Gluten: Bread slice, Pizza, Pie Crust etc.)
<input type="radio"/>	Small Amount (Dairy: Cream in coffee and no other Dairy, Starch: Tapioca starch in yogurt and no other starch)