
Re-entry Day #1

Re-entry Food:

Meal Time & Amount:

Food / Mood Connection:

- Bloating**
- Gas**
- Bowel Changes**
- Aches Pains**
- Irritability**
- Increased Pulse**
- Headache**
- Weight Gain**
- Sleep Changes**
- Other**

Weight:

Waist:

Re-entry Day #2

Notes:

Meal Time & Amount:

Food / Mood Connection:

- Bloating**
- Gas**
- Bowel Changes**
- Aches Pains**
- Irritability**
- Increased Pulse**
- Headache**
- Weight Gain**
- Sleep Changes**
- Other**

Weight:

Waist:

Re-entry Day #3

Notes:

Meal Time & Amount:

Food / Mood Connection:

- Bloating**
- Gas**
- Bowel Changes**
- Aches Pains**
- Irritability**
- Increased Pulse**
- Headache**
- Weight Gain**
- Sleep Changes**
- Other**

Weight:

Waist:

Re-entry Day #4

Can this food be a part of your long term eating plan?

Meal Time & Amount:

Food / Mood Connection:

- Bloating**
- Gas**
- Bowel Changes**
- Aches Pains**
- Irritability**
- Increased Pulse**
- Headache**
- Weight Gain**
- Sleep Changes**
- Other**

Weight:

Waist:
