

FoodTrigger AI

Free 7-Day Food & Symptom Tracking Guide

How to use this guide

1. Log every meal, snack and drink with the time you ate it.
2. List hidden ingredients: cooking oils, sauces, dairy additives, thickeners, sweeteners and preservatives.
3. Rank your physical comfort from 1 to 10 for the 1-to-4 hour window AFTER each meal - that is when reactions usually appear.
4. Note sleep quality, stress and digestion each day.

Colour-coded comfort key

- 0-2 SAFE ZONE (Sage Green) No noticeable reaction.
- 3-6 CAUTION ZONE (Muted Sand) Mild bloating, gas, fatigue.
- 7-10 ALERT ZONE (Charcoal) Severe pain, flare-up, brain fog.

Bristol Stool Scale quick reference

- | | |
|------------------------------|--------------------------------|
| Type 1 Separate hard lumps | Type 5 Soft blobs, clear edges |
| Type 2 Sausage-shaped, lumpy | Type 6 Fluffy, ragged edges |
| Type 3 Sausage with cracks | Type 7 Entirely liquid |
| Type 4 Smooth and soft | |

Disclaimer: FoodTrigger AI is a private logging and data tracking platform. It does not provide medical advice or clinical diagnoses. Always consult a qualified physician before changing your diet.

Day 1

Date: _____

Breakfast

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Lunch

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Dinner

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Snacks / Drinks

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

End of day markers

Bristol type (1-7): _____ Sleep: Poor / Average / Good

Daily stress: Low / Medium / High Worst symptom score: _____

Notes: _____

Day 2

Date: _____

Breakfast

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Lunch

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Dinner

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Snacks / Drinks

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

End of day markers

Bristol type (1-7): _____ Sleep: Poor / Average / Good

Daily stress: Low / Medium / High Worst symptom score: _____

Notes: _____

Day 3

Date: _____

Breakfast

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Lunch

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Dinner

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Snacks / Drinks

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

End of day markers

Bristol type (1-7): _____ Sleep: Poor / Average / Good

Daily stress: Low / Medium / High Worst symptom score: _____

Notes: _____

Day 4

Date: _____

Breakfast

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Lunch

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Dinner

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Snacks / Drinks

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

End of day markers

Bristol type (1-7): _____ Sleep: Poor / Average / Good

Daily stress: Low / Medium / High Worst symptom score: _____

Notes: _____

Day 5

Date: _____

Breakfast

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Lunch

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Dinner

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Snacks / Drinks

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

End of day markers

Bristol type (1-7): _____ Sleep: Poor / Average / Good

Daily stress: Low / Medium / High Worst symptom score: _____

Notes: _____

Day 6

Date: _____

Breakfast

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Lunch

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Dinner

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Snacks / Drinks

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

End of day markers

Bristol type (1-7): _____ Sleep: Poor / Average / Good

Daily stress: Low / Medium / High Worst symptom score: _____

Notes: _____

Day 7

Date: _____

Breakfast

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Lunch

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Dinner

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

Snacks / Drinks

Time: _____ Food: _____

Hidden ingredients (oils, sauces, dairy, thickeners): _____

Comfort 1-10 at +1h __ +2h __ +3h __ +4h __ Symptoms: _____

End of day markers

Bristol type (1-7): _____ Sleep: Poor / Average / Good

Daily stress: Low / Medium / High Worst symptom score: _____

Notes: _____
