

The Ultimate Allergy Tracker Log

8-Week Elimination Diet & Symptom Journal

ITCH SCORE (1-10): 1-2 Normal 5 Frequent Scratching 8-10 Constant/Bleeding	POOP SCORE (1-5): 1 Perfect/Firm 3 Soft Serve 5 Liquid/Diarrhea
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Day	Time	Food & Amount	Meds/Treats	Itch	Poop	Notes/Triggers
MON	AM					
	PM					
TUE	AM					
	PM					
WED	AM					
	PM					
THU	AM					
	PM					
FRI	AM					
	PM					
SAT	AM					
	PM					
SUN	AM					
	PM					

Did we stick to the diet 100%? (Yes / No)

Did symptoms improve vs. last week? (Yes / No)

Key Trigger Suspected: _____