

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

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: