Free food and symptom diary

Print the log pages, or copy the rows into the CSV from hunchwell.app/templates/food-symptom-diary/. No account is required. One row is one moment: a meal, a skipped meal, or a symptom.

Date and time

Write when you ate, or when the symptom started. The time is what makes a lag visible.

Food and amount

Name the food and drink, and roughly how much. Write "skipped lunch" when you miss a meal.

Symptom and severity

Use your own words. Severity is 0 to 10. Stay with one scale. 0 is none. 10 is the worst you can imagine.

Sleep and stress

Sleep can be hours, or poor / okay / good. Stress can be low, medium, or high. Pick one style and keep it.

Notes

Stool changes, cycle day, caffeine, medicine, or anything else you and your clinician want. The sheet does not interpret it.

How to read it

Keep it for about 3 to 4 weeks. When a symptom shows up, read food, sleep, and stress back about 72 hours, not only the last meal. The lag that matters for you is a question for your clinician. A repeat is a possible link to ask about. One row is not a cause, and it is not a diagnosis. Do not cut foods out because of this sheet. Talk to your doctor.

Delete this row from the CSV before you start.

18 Oct 2026, 08:00. Oats and coffee, 1 bowl and 1 mug. Headache at 15:00, severity 6. Sleep: poor. Stress: medium. One pair like this means little. It is not evidence that oats or coffee are a problem.

Food and symptom log

Print another copy of this page when you fill it.

Date	Time	Food and drink	Amount	Symptom	0-10	Sleep	Stress	Notes

Severity: 0 is none, 10 is the worst you can imagine. Stress: low, medium, or high.

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