

Eat to Focus

FOOD & SYMPTOMS
TRACKER



NATURAL-ALTERNATIVE-ADHD-TREATMENT.COM

How to Use this Tracker

The best is to print out this tracker and keep with you most of the time. Keeping record like this is a great way to identify things that you may have missed during the busy day-to-day activities.

Complete this tracker at least x2-3 days a week, specially on days your child is with you most of the day.

You can do this daily as well. Its up to you and how much time you want to invest to find the causes and triggers of your child's behaviors. This is to give you some ideas of pattern of some of the symptoms.

Record entry as it happens if possible, so you don't forget. Otherwise, late entry is fine too.

Say your child ate breakfast at 7:30am, then have tantrum at 9am. That'll be two entries - cereal with milk at 7:30am and temper tantrum at 9am.

Enter as much details as you can, especially ingredients of foods and where it happens. Remember this is for your own record, and write whatever you feel is important.

This is also helpful if you're working with a healthcare provider for your child's behavioral issues.

Lastly, if you haven't already. Download the **Eat to Focus Quick Start Guide** and join out growing Facebook community.

Date:

Time	Food Eaten (include ingredients)	Behaviors	GI symptoms

Date:

Time	Food Eaten (include ingredients)	Behaviors	GI symptoms

Date:

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Date:

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