Food Elimination Tracking Form

Use this form to record meals, symptoms, energy, and sleep during your food elimination journey. Consistent tracking helps reveal patterns and sensitivities so you can make informed choices.

Date	Foods Eaten	Symptoms (Digestive, Skin, Mood, etc.)	Energy (1–10)	Sleep (1–10)	Notes / Observations

Tip: Save a copy for each day of your 3-week elimination phase. Subtle shifts often reveal important sensitivities.