# Food Reintroduction Tracking Form

After the elimination phase, reintroduce one food at a time every 3 days. Track your body's reactions carefully, noting any changes in digestion, mood, energy, or skin. This form helps identify which foods support your vitality and which may cause discomfort.

| Date | Food Reintroduced | Immediate Reaction (Within Hours) | Delayed Reaction (Next 1–3 Days) | Energy / Mood (1–10) | Notes / Observations |
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*Tip: Wait at least 72 hours between reintroducing new foods. Record both physical and emotional responses for deeper insight.*