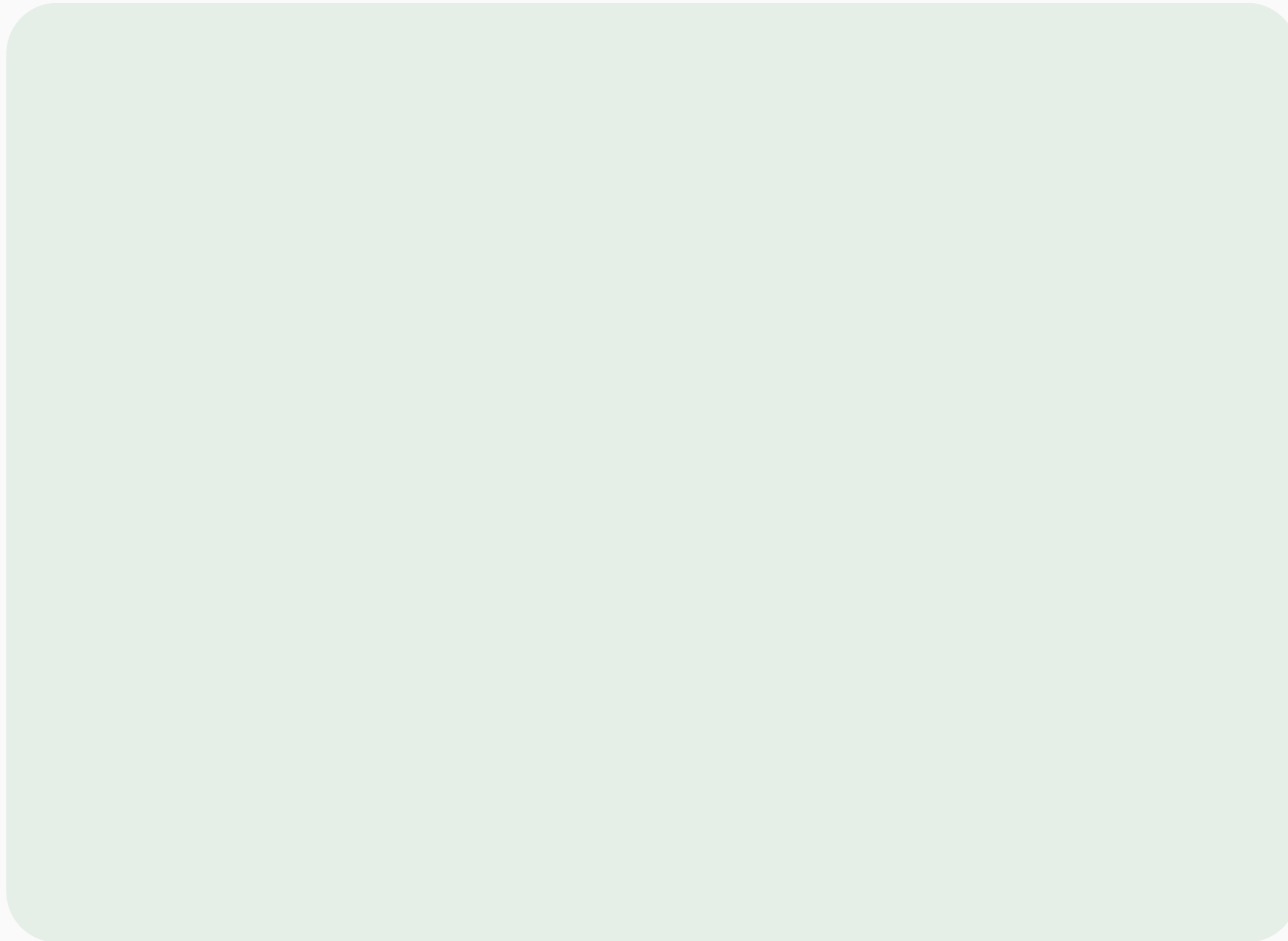


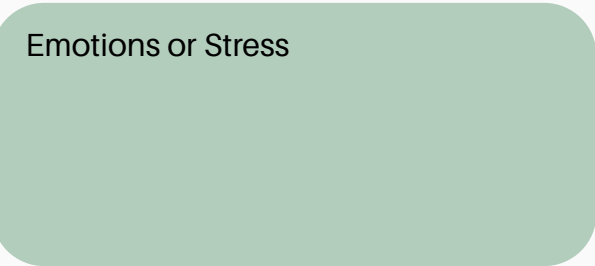
# My Gut Health Food Diary

My meals & snacks across the day:

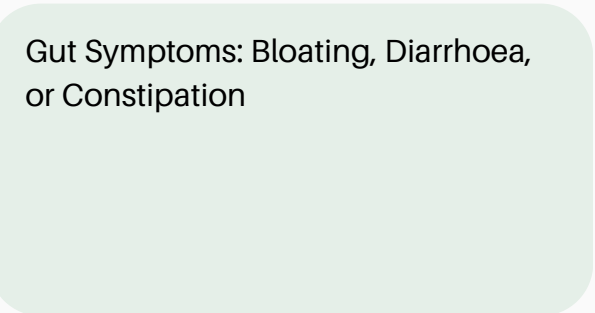


How I felt:

Emotions or Stress



Gut Symptoms: Bloating, Diarrhoea,  
or Constipation



Food or Eating Environment

