

SYMPTOM TRACKER



1. Document the moment a reaction begins. (It's often difficult to remember later on.)
2. Record each different reaction on a new line, as some symptoms will last longer than others.
3. If you don't know the cause or date of gluten ingestion, write the possibilities (e.g., what you ate in the last four days, where you ate, microwaves used, places visited, etc.).

<i>Cause(s)</i>				<i>Reaction(s)</i>			
WHAT WAS INGESTED	INGESTION DATE	INGESTION TIME	ESTIMATE THE AMOUNT OF GLUTEN	SYMPTOM	REACTION DATE	REACTION TIME	HOW LONG REACTION LASTED