Treat Meals Record of Experiences

Date	
Meal	
Ingredients	MB Food ✓ **Non-MB Food** ×

1 = 😊 10 = ☹

Symptoms	1	2	3	4	5	6	7	8	9	10
Headache										
Gut										
Bowels										
Joint Pain										
Mood										
Sleep										
Energy										

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