



Food Reaction Pattern Tracker™

Record foods, symptoms and timing to uncover repeatable patterns and prepare for a more informed healthcare conversation.

Record what happened as soon as practical. A single reaction does not prove that a particular food was responsible.

Date: _____ Sleep: Poor ☐ Fair ☐ Good ☐ Stress: Low ☐ Moderate ☐ High ☐ New medication or supplement? _____

ENTRY 1

Time eaten: _____

Food, drink and approximate amount: _____

Symptoms noticed: _____

Symptoms began: During ☐ Within 1 hour ☐ 1–4 hours later ☐ Next day ☐

Severity: Mild ☐ Moderate ☐ Severe ☐ How long did it last? _____

What else may have played a role? _____

Stress • Sleep • Exercise • Illness • Alcohol • Medication • Menopause symptoms

ENTRY 2

Time eaten: _____

Food, drink and approximate amount: _____

Symptoms noticed: _____

Symptoms began: During ☐ Within 1 hour ☐ 1–4 hours later ☐ Next day ☐

Severity: Mild ☐ Moderate ☐ Severe ☐ How long did it last? _____

What else may have played a role? _____

Stress • Sleep • Exercise • Illness • Alcohol • Medication • Menopause symptoms

ENTRY 3

Time eaten: _____

Food, drink and approximate amount: _____

Symptoms noticed: _____

Symptoms began: During ☐ Within 1 hour ☐ 1–4 hours later ☐ Next day ☐

Severity: Mild ☐ Moderate ☐ Severe ☐ How long did it last? _____

What else may have played a role? _____

Stress • Sleep • Exercise • Illness • Alcohol • Medication • Menopause symptoms

Patterns to Review

Foods or ingredients that appeared more than once: _____

Symptoms that repeated: _____

Timing that seemed consistent: _____

Questions I want to ask my healthcare provider: _____



Martine's Midlife Wellness Tip

Look for repeated combinations of food, symptom and timing. Avoid removing several foods based on one uncertain reaction.



Possible Allergic Reaction

Call emergency services for trouble breathing, throat or tongue swelling, faintness or rapidly worsening symptoms. Seek prompt medical guidance for hives, repeated vomiting or other concerning reactions.



This tracker cannot diagnose a food allergy, intolerance or sensitivity. Discuss recurring symptoms and major dietary restrictions with a qualified healthcare professional.