|  |  |  |  |
| --- | --- | --- | --- |
| **Time and day** | **What I ate** | **How I felt 2 hours later** | **My gut was happy!** |
| Example:9:30am Saturday | Bacon and egg burger from Maccas and a milkshake.  | A bit bloated and uncomfortable in the gut.  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |
|  |  |  | 😀 YES😢 NO |

Name: School: Year: