

IBS & Low FODMAP Food & Symptom Diary

Daily Food, Symptom & Digestive Health Tracker • www.IBSDiets.org

Date: _____ Day: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun Overall: ☐ Great ☐ OK ☐ Flare-Up

Time / Meal	Food & Drink Consumed (Portions, ingredients, brands)	Symptoms & Severity (1 = Severe flare • 10 = Great)	Bowel Movement (Bristol Scale Type 1–7)	Triggers & Notes (FODMAPs, stress, dining out)
Breakfast				
Morning Snack				
Lunch				
Afternoon Snack				
Dinner				
Evening Snack				
Water & Fluids				
Daily Notes				

Bristol Stool Scale Quick Reference

Type 1: Separate hard lumps (nuts) • *Severe constipation*
Type 2: Sausage-shaped, but lumpy • *Mild constipation*
Type 3: Like sausage with surface cracks • *Normal*
Type 4: Smooth & soft snake/sausage • **Optimal / Ideal**
Type 5: Soft blobs with clear-cut edges • *Lacking fiber*
Type 6: Fluffy pieces with ragged edges • *Mild diarrhea*
Type 7: Entirely liquid, watery • *Severe diarrhea*

Daily Lifestyle & Wellness Factors

Hydration: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ (8 glasses / 2L target)

Sleep: _____ hrs ☐ Poor ☐ Fair ☐ Good

Stress: ☐ 1 (Low) ☐ 2 ☐ 3 ☐ 4 ☐ 5 (High)

Medications / Supplements: _____

Daily Physical Activity: _____

For FODMAP food charts, diet guides and meal plans visit www.IBSDiets.org • Confidential Personal Health Record