

# Meal Timing Symptom Audit

Use this for seven days before removing more foods.

## Daily Log

Day	Meal times	Long gaps	Grazing	Late meal	Caffeine	Symptoms and timing
1						
2						
3						
4						
5						
6						
7						

## Review

- Did symptoms follow a specific food or a specific rhythm?
- Were reflux symptoms worse after late meals?
- Were bloating symptoms worse after grazing or constipation days?
- Were urgency symptoms worse after skipped meals and large catch-up meals?