Peninsula
Naturopathic
Clinic

5603 38th Avenue Northwest
Gig Harbor, Washington 98335
T (253) 857-5544 F (253) 857-9088

Diet Diary

Name: _____

Date	Time	Foods eaten: also include fluids, vitamins and medications	Feeling: emotional, energy, physical stress levels	Bowel/urine habits, gas	Major activities

Date	Time	Foods eaten: also include fluids, vitamins and medications	Feeling: emotional, energy, physical stress levels	Bowel/urine habits, gas	Major activities