

30 Days of Real Food

Symptom/day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
sleep quality																														
mood																														
exercise quality																														
brain function																														
work performance																														
thinking about food																														
digestion																														
mucus																														
runny nose																														
watery eyes																														
headaches																														
brain fog																														
skin quality																														
fatigue																														
gas																														
bowel movements																														
weight in lbs																														

Please give yourself a number for each symptom, rating them from 1 to 10, with 1 being poor and 10 being excellent. Put your weight in lbs down as well. You can use this chart daily or at least every 3 days to track progress.