**FMP INSTRUCTIONS (Food Mood Poop)**

**Seven Days of Tracking**

Try to be as consistent as possible, we want to find keys to *your* body and *your* health. We can’t help you if you don’t help us, so be as accurate and specific with your responses as you can. We want to tailor treatment to your body’s specific needs. Take a little extra time this week to give us a clearer picture of you. Thank you!

**FOOD:** This is just for tracking…no judgement! This is fun and revealing…if you eat it, write it down 😊

**MOOD:** How do you feel after eating?

Pay attention to your body and your mood 15 minutes to an hour after eating. Do you feel more energized, sluggish, etc?

How is your ability to concentrate?

Are you still hungry or craving anything?

Is there pain in your stomach or digestive tract? Where exactly? Describe the nature of the pain, is it a bloated feeling, burning, stabbing, or gas?

Are you happy, depressed, antsy, have anxiety, or are you upbeat and positive? Did it change from before you ate?

**POOP:** If you poop, please note when and describe it. Not trying to be gross here, but be specific! Note the color, size, and texture…if it was soft, well formed, hard or runny or if it had a particularly foul smell.

\*Don’t forget the bottom section…mark your water intake and your sleep.

*Thank you for taking the time to be specific. We will be using this information to help you and to fine tune your treatment. There are no cookie cutter approaches here! Please work with us as together we work on you…give yourself the time you deserve 😊*