



Target relief from stomach pain & discomfort and abdominal cramps



Name: _____

Record from _____ to _____

		MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU
Food	Fruit																					
	Vegetable																					
	Milk																					
	Cheese, quark, yoghurt																					
	Meat																					
	Others																					
Drinks and Tobacco	Alcohol																					
	Nicotine																					
	Coffee																					
Circumstances	Lack of sleep																					
	Pleasure																					
	Annoyance																					
	Pressure of time																					
	Visit to doctor																					
	Others																					
Symptoms	Pain																					
	Flatulence																					
	Diarrhoea																					
	Constipation																					
	Others																					