

Basic Dietary History and Timeline

Key Questions

- Rising time
- Bedtime
- Food intake
- Exercise
- Symptoms after meals
- Symptoms between meals
- Energy during the day
- Sleep quality

TIME	NOTES
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	
10:30 PM	
11:00 PM	
11:30 PM	
12:00 AM	
12:30 AM	
1:00 AM	

