Food and symptom chart for (name)…….																													
Week beginning (write date):																													
Diet/intervention being followed:																													
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Diet/intervention followed 100%? X or Y																													
Medications being taken? X or Y																													
Write a number of behaviours or symptoms to be monitored below: Score daily total or 0= none/not present, 1= mild/occasional, 2= moderate/frequent, 3= severe/always																													
Make notes overleaf: Any other factors that may have affected symptoms or behaviours e.g. illness, change in routine, and your conclusions – do you think the diet or intervention helped?																													

Ideas for behaviours or symptoms to monitor on chart (these are some ideas for children with ASD):

- Social interaction: Being alone; Seeking out the company of others; Paying attention to others; Eye-contact; Smiling
- Communication: Vocal communication; Using gestures; Speech; Making repetitive sounds
- Bowel habits: Bloating; Wind; Diarrhoea; Constipation; Tummy pain; Number of times bowels opened and stool form
- Sleep habits: Number of time woken during night and for how long
- Challenging behaviour: Self-injury; Aggression; Head-banging; Resistance to change; Agitation; Inappropriate anxiety or moodiness

Designed by Zoe Connor, UK Registered Dietitian, October 2006. Downloaded from www.NutritionNutrition.com