Crunch & Co.
NUTRITION & DIETETIC SERVICES

+61 493 537 568
mego@crunchandco.com
386 Malvern Road Prahran VIC 3181
www.crunchandco.com

Did you drink enough water today?

# Food Chart

Name:



| Date | Time | Type of food and amount (e.g. 1 cup, 1 handful, 1 piece). Include drinks here like coffee, soft drink, tea, alcohol, energy drinks etc. | Eating Environment (car/desk/table) | Company (solo, friends, family) | Stress Level at Meal Time. 1 being relaxed, 5 super stressed | Gut Symptoms post meal (Nausea, bloating, gas, pain, diarrhoea, constipation) |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Crunch & Co.
NUTRITION & DIETETIC SERVICES

+61 493 537 568
mego@crunchandco.com
386 Malvern Road Prahran VIC 3181
www.crunchandco.com

Did you drink enough water today?

# Food Chart

Name:



| Date | Time | Type of food and amount (e.g. 1 cup, 1 handful, 1 piece). Include drinks here like coffee, soft drink, tea, alcohol, energy drinks etc. | Eating Environment (car/desk/table) | Company (solo, friends, family) | Stress Level at Meal Time. 1 being relaxed, 5 super stressed | Gut Symptoms post meal (Nausea, bloating, gas, pain, diarrhoea, constipation) |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Crunch & Co.
NUTRITION & DIETETIC SERVICES

+61 493 537 568
mego@crunchandco.com
386 Malvern Road Prahran VIC 3181
www.crunchandco.com

Did you drink enough water today?

# Food Chart

Name:



| Date | Time | Type of food and amount (e.g. 1 cup, 1 handful, 1 piece). Include drinks here like coffee, soft drink, tea, alcohol, energy drinks etc. | Eating Environment (car/desk/table) | Company (solo, friends, family) | Stress Level at Meal Time. 1 being relaxed, 5 super stressed | Gut Symptoms post meal (Nausea, bloating, gas, pain, diarrhoea, constipation) |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |