



# Symptom Diary



<b>Date and time</b>	<b>Symptom</b> Write down what the symptom was, what you were doing and thinking beforehand, and who was there.	<b>How bad was it on a scale of 0 to 10?</b> (0 = not bad at all; 10 = worst it's ever been)
	<b>Example</b>	

This diary is to help you work out what triggers your IBS and give you clues to what might help. If you notice anything important, then it might be helpful to mention this to your doctor.