

Name of Food:

Egg

Date:

Dec 18

Symptom	Day 1	Day 2	Day 3
Pulse			
Gut	Nagging pain in stomach		
Bowel Function			
Headache			
Congestion	Nasal congestion and mucus in throat		
Skin			
Energy Level	STOP THE CHALLENGE NOW!		
Joint Pain			
Muscle Pain			
Other: _____			

Food Challenge

Name of Food:

Date:

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Pulse			
Gut			
Bowel Function			
Headache			
Congestion			
Skin			
Energy Level			
Joint Pain			
Muscle Pain			
Other: _____			