IBS SYMPTOM TRACKER

Irritable bowel syndrome also known as IBS, affects the large intestine and can cause bloating, gas, constipation and sharp stomach pains. IBS can strike at any age and usually gets worse during stressful times. Logging your food intake and tracking your symptoms is the first step in identifying your IBS triggers.

Date	Time	With whom and/or where	Foods & fluids consumed	Planned or unplanned?	Discomfort or pain prior to eating?	Discomfort or pain during eating?	Discomfort or pain after eating?