

Date: 18/2/25

Breakfast
Time: 8am Foods eaten: Weetbix W/ Cows milk + 1 piece rauin toast w/ butter
Lunch
Time: 11:30am Foods eaten: Lebanese bread w/ ham, butter, bluebernes, yo
Dinner
Time: 5.30pm Foods eaten: rice, chicken broth, beefming onion, chicken yoghut
Time: 130pm Foods eaten: Spinach+cheese puff pastry honey
Environment Room temperature: 24 Humidity level (if known):
Weather today: ☑ Sunny □ Rainy □ Humid □ Dry
Skin Status
Itchiness Level (circle)
None(1)-2-3-4-5 Severe
Skin Appearance
☑ Dry □ Red □ Weeping ☑ Crusty □ Normal
□ Other:
Bowel Movements
1) Time: 8am Consistency (see below): 4 Colour: brown Undigested food visible? ☐ Yes ☑ No Mucus present? ☐ Yes ☑ No



2) Time: <u>II-30am</u> Co Undigested food vis	onsistency (see below) : _ ible? □ Yes ☑ No Mu Foamy? □ Yes ☑ No	cus present? 🗆 Yes 🛂 No
Undigested food vis 4) 5:30pm Type I	onsistency (see below) : _ ible?	b Colour: brown cus present? ☐ Yes ☐ No
Type 1 = Separate hard	Type 2 = Sausage-	Type 3 = Like a sausage but
lumps (like nuts)	shaped but lumpy	with cracks
Type 4 = Like a smooth,	Type 5 = Soft blobs with	Type 6 = Fluffy pieces with ragged edges
soft sausage - optimal Type 7: Entirely liquid	clear-cut edges	ragged edges
New products used: Activities today:SWIMM Other observations: Questions for next appoir	ntment:	
Weekly Review -Ju	st Complete this at the e	end of each week
Best days this week:		
Challenging days:		
Patterns noticed:		
Remember: Every of	observation helps us un better!	derstand your little one

- Fill out as much as you can, but don't worry about completing every section
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Date: 19/2/25	gam honey
Breakfast	gam chia pudding fullfa mill
Time: 8am Foods eaten: Weetbix w/honey +	full fat milk
Lunch	
Time: 12pm Foods eaten: cheese, I boiled eg	g, blueberies, strauber
Time: Foods eaten:	
Snacks	
Time: Ilam Foods eaten: 1 yoghut pouch	
Environment	
Room temperature: <u>24</u> Humidity level (if known)	:
Weather today: ☑ Sunny ☐ Rainy ☐ Humid ☐ Dry	
Skin Status	
Itchiness Level (circle)	
Mone 1 - 2 - 3 - 4 - 5 Severe	
Skin Appearance ☑ Dry ☐ Red ☐ Weeping ☐ Crusty	□ Normal
□ Other: □ Any new Area	as:
Bowel Movements 1) Time: ¬¬¬¬	



796	1110170	
2) Time: <u>5pm</u> Countries C	onsistency (see below) : .	Colour: brown
	Foamy? I Yes No	
3) Time:	2 — 105 <u>FB</u> 140	
and agreed 100d Als	sible? 🗆 Yes 🗆 No Mi	ICUS Presents T.V.
	Foamy? 🗆 Yes 🗆 No	icus present? 🗆 Yes 🗆 No
Bowel Movement Co	• Tes 🗆 140	3
Type 1	nsistency Types (ch	2000 1
Type 1 = Separate hard	Type 2 = Sausage-	
- idilips (like hutc)	shaped but I	Type 3 = Like a sausage but
Type 4 = Like a smooth,	shaped but lumpy	with cracks
Solic Sausage - Ontimal	Type 5 = Soft blobs with	Type 6 = Fluffy pieces with
Type 7: Entirely liquid	clear-cut edges	ragged edges
New products used: Activities today: Other observations: Questions for next appoin	ه الم	
Weekly Review -Ju		
Best days this week:		
Challenging days:		
Patterns noticed:		
	observation helps us und better!	
Tips lay Ilina Ga:	6 1	

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Date: 20/2/25

Breakfast 9am - mango yeghuit + cheese
Time: 7.30am Foods eaten: Chia pudding (full fat milk)
Lunch
Time: 12pm Foods eaten: bread + butter
Dinner
Time: 6pm Foods eaten: kafta kebab Troast potado
Snacks
Time: Ilam Foods eaten: I banana, raupbemes
Environment Room temperature: 23°C Humidity level (if known):
Weather today: □ Sunny □ Rainy ☑ Humid □ Dry
Skin Status
Itchiness Level (circle)
None 1-2-3-4-5 Severe
Skin Appearance
☑ Dry ☐ Red ☐ Weeping ☐ Crusty ☑ Normal
□ Other: □ Any new Areas:
Bowel Movements 1) Time: 8am Consistency (see below):2-3 Colour: brown Undigested food visible? ☐ Yes ☑ No Mucus present? ☐ Yes ☑ No Foamy? ☐ Yes ☑ No



2) Time: <u>4pm</u> C Undigested food vis	onsistency (see below) : . sible? □ Yes ☑ No Mu Foamy? □ Yes ☑ No	icus present? 🗆 Yes 🕪 🗓 Yo
3) Time: <u>lopm</u> C Undigested food vis	onsistency (see below) : _ sible?	cus present? 🗆 Yes 🖒 No
Bowel Movement Co	nsistency Types (cho	oose 1)
Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage- shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal Type 7: Entirely liquid	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Additional Notes New products used:		
Activities today:		
Other observations:		
Questions for next appointment:		
Weekly Review – Just Complete this at the end of each week		
Best days this week:		
Challenging days:		
Patterns noticed:		
Remember: Every observation helps us understand your little one better!		
Tips for Using This Tracker:		

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Date: 21/2/25

Breakfast
Time: 7am Foods eaten: Chia puddin of full-fat mik)
Time: 12pm Foods eaten: pasta w boconcini + grapes +
Dinner
Time: lop Foods eaten: proto parta + sausages + chichen
Snacks 3pm sultanas
Snacks 3pm Sultanas Time: NamFoods eaten: chicken suhi + I donut 8pm-banana
Environment Room temperature: 24 Humidity level (if known): humid
Weather today: □ Sunny ☑ Rainy ☑ Humid □ Dry
Skin Status
Itchiness Level (circle)
None(1)-2-3-4-5 Severe
Skin Appearance
☑ Ory ☐ Red ☐ Weeping ☐ Crusty ☐ Normal
□ Other: □ Any new Areas:
Bowel Movements
1) Time: 8am Consistency (see below): 2 Colour: Undigested food visible? \(\text{Yes PNo} \) Yes \(\text{PNo} \)



2) Time: <u>lapm</u> C	onsistency (see below) :	2 Colour: mour
Undigested food vis	sible? □ Yes □/No My	icus present? 🗆 Yes 🗹 No
	Foamy? 🗆 Yes 🗔 🕅	
3) Time: C	onsistency (see below) :	Colour:
Undigested food vis	sible? □ Yes □ No Mu	ıcus present? □ Yes □ No
- Ance	Foamy? ☐ Yes ☐ No	
Bowel Movement Co	nsistency Types (cho	oose 1)
Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage- shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with
Type 7: Entirely liquid	cical-cut euges	ragged edges
Other observations: Questions for next appoin		
Weekly Review - Jus		nd of each week
Best days this week:		
Challenging days:		
Patterns noticed:		
Pemember: Every o	bservation helps us und better!	derstand your little one
Tina lay Usina Thi	A Tuacheur	

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Daily Eczema Tracking Sheet Date: 22/2/24

Breakfast
Time: 8am Foods eaten: Chia pudding
Lunch
Time: 2pm Foods eaten: yoghut, sushi, pasta, cheese stick, grape.
Dinner
Time: 5pm Foods eaten: 1eb aneve bread + bbq. chicken 7pm- weetbix + honey
Time: Man Foods eaten: Sultanas — more donuts
Environment Room temperature: 24" Humidity level (if known): Weather today: Sunny Rainy Humid Dry
Skin Status Itchiness Level (circle)
None(1)-2-3-4-5 Severe
Skin Appearance
☑ Dry ☐ Red ☐ Weeping ☐ Crusty ☑ Normal
□ Other: □ Any new Areas:
Bowel Movements 1) Time: ☐AM Consistency (see/below): ☐ Colour: ☐ Colour: ☐ Undigested food visible? ☐ Yes ☑No Mucus present? ☐ Yes ☑ No



2) Time: $\frac{5pm}{}$ Co	onsistency (see below) :	Colour:
Undigested food vis	Foamy? □ Yes ☑⁄No	cus present? 🗆 Yes 🗹 No
3) Time: C	onsistency (see below) : _	Colour:
		cus present? □ Yes □ No
	Foamy? ☐ Yes ☐ No	
Bowel Movement Co	nsistency Types (cho	pose 1)
Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage- shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid	cical cateages	ruggou ougee
Activities today: birth Other observations: Questions for next appoin		
Weekly Review -Ju	st Complete this at the e	end of each week
Best days this week:		
Challenging days:		<u> </u>
Patterns noticed:		
Remember: Every	observation helps us und better!	derstand your little one
Tins lay Using The	is Tuachous	

- Fill out as much as you can, but don't worry about completing every section
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2212120	
Date: 23/2/25	raspbenies
Breakfast	raspberies 8.30am-weetbix + honey
Time: 8am Foods eaten: egg 40	ighur pancakes of maple sym
Lunch	
Time: 12pm Foods eaten: white fish	trice w/ butter
Dinner	
Time: Spm Foods eaten: pasta W	creamy sauce
Snacks	
Time: 3pmFoods eaten: banana	
Environment Room temperature: 25° Humidity level	el (if known): <u> </u>
Weather today: ☑ Sunny ☐ Rainy ☐ Hun	nid Dry
Skin Status	
Itchiness Level (circle)	
None 1-2-3-4-5 Severe	
Skin Appearance Dry Red Weeping	□ Crusty Normal
□ Other: □ A	ny new Areas:
	e below) : No Mucus present? □ Yes ☑ No



2) Time: C	onsistency (see below) : ₋	Colour:
		cus present? ☐ Yes ☐ No
3	Foamy? ☐ Yes ☐ No	
- S.A.	, sam, 2 , ss 2 , s	
3) Time: C	onsistency (see below) : _	Colour:
		cus present? ☐ Yes ☐ No
orlangested 100d vis		
Miles Miles	Foamy? ☐ Yes ☐ No	
Bowel Movement Co	nsistency Types (cho	oose 1)
Type 1 = Separate hard	Type 2 = Sausage-	Type 3 = Like a sausage but
lumps (like nuts)	shaped but lumpy	with cracks
Type 4 = Like a smooth,	Type 5 = Soft blobs with	Type 6 = Fluffy pieces with
soft sausage - optimal	clear-cut edges	ragged edges
Type 7: Entirely liquid		
Additional Notes		
And the second of the second of		
New products used:		
A set siet a se al a u		
Activities today:		
Other cheen ations:		
Other observations:		
Ougstions for post appoir	tmont:	No Section 1
Questions for next appoir	itifierit.	
011 11 0		
Weekly Review - Ju	st Complete this at the e	nd of each week
T :	4 -1	
Best days this week: Fr	loray	
	9	
Challenging days:		
12 (1.1)	2 2241:2	
Patterns noticed: may	be meerbix;	
•		
Remember: Every of	bbservation helps us und	lerstand your little one
better!		
	_	

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Date: 24/2/25

Breakfast
Time: 7am Foods eaten: chia pudding (full fail) + rapin toast
Lunch
Time: 12pm Foods eaten: parta + cheese puff party + grapes
Dinner
Time: Spm Foods eaten: 16b. bread, steak, cheese, capsicum, orion
Snacks 2pm-ice blode
Snacks 2pm-ice block Time: 10am Foods eaten: boiled egg, cheese raspberries to bluebernes
Environment /
Environment Room temperature: 25° Humidity level (if known):
Weather today: ☑ Sunny ☐ Rainy ☐ Humid ☐ Dry
Skin Status
Itchiness Level (circle)
one 1-2-3-4-5 Severe
Skin Appearance Dry Red Weeping Crusty Normal
□ Other: □ Any new Areas:
Bowel Movements 1) Time: ☐am Consistency (see below): ☐ Colour: ☐ Colour: ☐ Colour: ☐ Yes ☐ No Foamy? ☐ Yes ☐ No



2) Time: 4pm Co Undigested food vis	onsistency (see below) : ible? 🗹 Yes 🗆 No Mu Foamy? 🗆 Yes 🔯 No	$1-2$ Colour: $broun+blue$ ucus present? □ Yes \blacksquare No
William I have	ible? □ Yes □ No Mu Foamy? □ Yes □ No	ucus present? □ Yes □ No o
Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage- shaped but lumpy	OOSE I) Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal Type 7: Entirely liquid	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Activities today: Other observations: Questions for next appoint		
Weekly Review - Just		and of each week
Best days this week:		
Challenging days:		
Patterns noticed:		
Remember: Every ob	oservation helps us und better!	lerstand your little one

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Date: 25/2/25

		11.0 20		
Breakfast	As v			
Time: <u>1-&a</u> mFoods eaten:	chia pudding,	cheese s	tick, toast	7/ ÷
Lunch				
Time: <u>I2pm</u> Foods eaten: Dinner Time: <u>bpm</u> Foods eaten: Snacks	parta, chees	e, carroti	strauberg	t em
4	Chicken	meatball,	al souch v	east
Time: bpm Foods eaten: Snacks	(te, ducte, p	garlic	bread (crea	m]
Time: 3pm Foods eaten:				
Environment Room temperature: 24 Weather today: Sunny			1	
Skin Status				
Itchiness Level (circle	e)			
None 1-2-3-4-5 Sever	re			
Skin Appearance				
n Dry □ Red □] Weeping 🔲 Cı	rusty 🗹 Nor	mal	
□ Other:	☐ Any nev	v Areas:		
Bowel Movements 1) Time: ユダウ Coundigested food vis	Consistency (see belov sible? 🗆 Yes 🎵 No Foamy? 🗇 Yes 1	Mucus prese	Colour: b 60 W nt? □ Yes ☑ No	^



	1,1,11	
2) Time: 2pm Co Undigested food vis	onsistency (see below) : . ible? Yes Voo My Foamy? Yes Vo	Colour:No
Undigested food vis Ch	onsistency (see below) : . ible? V Yes (No Mu in Foamy? U Yes V No	3-4 Colour: ucus present? □ Yes ☑ No o
Bowel Movement Co	nsistency Types (cho	
Type 1 = Separate hard	Type 2 = Sausage-	Type 3 = Like a sausage but with cracks
lumps (like nuts) Type 4 = Like a smooth, soft sausage - optimal Type 7: Entirely liquid	shaped but lumpy Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
New products used: Activities today:Swim Other observations: Questions for next appoin Weekly Review - Just	tment:	end of each week
•		
Best days this week:		
Challenging days:		
Patterns noticed:		
♥ Remember: Every o	bservation helps us und better!	derstand your little one

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Date: 26/2/25

Breakfast
Time: Jam Foods eaten: Weetbix w/ milk, cheese stick
Lunch
Time: 12pm Foods eaten: pasta, strawberries, sultanas
Dinner
Time: bpm Foods eaten: rice, duch, prawn
Snacks
Time: 3pm Foods eaten: pancales white, yoghwar cup of mile
Environment Room temperature: hot Humidity level (if known):
Weather today: ☑ Sunny □ Rainy □ Humid □ Dry
Skin Status
Itchiness Level (circle)
None(1)-2-3-4-5 Severe
Skin Appearance
□ Dry ☑ Red □ Weeping □ Crusty □ Normal
□ Other:
Bowel Movements
1) Time: $8am$ Consistency (see below): $2-3$ Colour: $600n$ Undigested food visible? \Box Yes \Box No Foamy? \Box Yes \Box No



2) Time: 3pm Co	nsistency (see below) : .	5-6 Colour: brown
Undigested food visi	ble? ☐ Yes ☐ Mo Mu	ıcus present? □ Yes 🗹 No
	Foamy? □ Yes ☑•No	3
3) Time: Co	nsistency (see below) :	Colour:
Undigested food visi	ble? ☐ Yes ☐ No Mu	ucus present? □ Yes □ No
	Foamy? ☐ Yes ☐ No	
Bowel Movement Cor	nsistency Types (cho	oose 1)
Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage- shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth,	Type 5 = Soft blobs with	Type 6 = Fluffy pieces with ragged edges
soft sausage - optimal Type 7: Entirely liquid	clear-cut edges	ragged edges
Activities today:Ole Other observations: Questions for next appoint		
Weekly Review - Just	t Complete this at the e	nd of each week
Best days this week:		
Challenging days:		
Patterns noticed:		
Remember: Every object	oservation helps us und better!	lerstand your little one
.		

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Date: 27/2/25

Breakfast
Time: 7:30ar Foods eaten: Weetbix fullfat milk + honey, eggs
Lunch
Time: 12pm Foods eaten: parta, leb. bread 4 omelette, bluebenie
Dinner
Time: Spm Foods eaten: rice bolognase
Snacks 4pm-choc po muffir
Time: 10am Foods eaten: 910 per 1 100 che ese
Snacks Snacks Time: 10am Foods eaten: 910 per 1 straubenies i cheese muffir Tom-chia pudding Environment Room temperature: 25°C Humidity level (if known):
Weather today: ☑ Sunny □ Rainy □ Humid □ Dry
Skin Status
Itchiness Level (circle)
Skin Appearance whind lenee
☑/Dry ☑ Red ☐ Weeping ☐ Crusty ☐ Normal
□ Other:
Bowel Movements 1) Time: 80m Consistency (see below): 4 Colour: 500m Undigested food visible? ☐ Yes ☑ No Mucus present? ☐ Yes ☑ No



Date: 28/2/25

Breakfast
Time: Jam Foods eaten: Neetbix w/ full fat milk + tooot
Lunch (lam - babyano
Time: 1pm Foods eaten: 1eb bread wham + cheese, pasta, rappemes
Time: 6.30 Proods eaten: sawage potato +sweet pot, halo
Snacks
Time: 3pm Foods eaten: bananai 100 cream
Room temperature: Humidity level (if known): Weather today: Sunny Rainy Humid Dry
Skin Status
None 1-2-3-4-5 Severe Skin Appearance Dry Weeping Crusty Normal
□ Dry □ Red □ Weeping □ Crusty □ Normal
☐ Other: ☐ Any new Areas:
Bowel Movements 1) Time: 1am Consistency (see below): 4 Colour: brown Undigested food visible? ☐ Yes ☑ No Mucus present? ☐ Yes ☑ No Foamy? ☐ Yes ☑ No



1100		4 colour larour
2) Time: 1100 Co	onsistency (see below):	cus present? ☐ Yes ☐ No
Undigested food vis	Foamy? Yes	Cus present: Li res Li re
	roarry: Lives Live	
3) Time: Co	onsistency (see below) : _	Colour:
Undigested food vis		cus present? □ Yes □ No
	Foamy? ☐ Yes ☐ No) If A
Bowel Movement Cor	nsistency Types (cho	oose 1)
Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage- shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth,	Type 5 = Soft blobs with	Type 6 = Fluffy pieces with ragged edges
soft sausage - optimal Type 7: Entirely liquid	clear-cut edges	ragged edges
Additional Notes		
New products used:		
Activities today: beach	/ swimming, sa	ndetc.
Other observations:		The state of the s
Questions for next appoin	tment:	V.
Weekly Review - Jus	t Complete this at the e	nd of each week
Best days this week:		
Challenging days:	f + 1 - 10 - 1	
Patterns noticed:		· · · · · · · · · · · · · · · · · · ·
Remember: Every of	bservation helps us und better!	erstand your little one
c	<i>c e</i>	

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Date: 1/3/25
Breakfast
Time: 7am Foods eaten: Weethix 4 full fat milk, rasplemes
Lunch
Time: <u>Ham</u> Foods eaten: <u>noodles</u> Dinner
Time: 6pm Foods eaten: nce w butter, coin, capsicum, onion cheese, Snacks Time: 10am Foods eaten: Cheese stick yoghust pouch
Time: 10am Foods eaten: Chelse stick yoghurt pouch
Environment Room temperature: Humidity level (if known): Weather today: Sunny Rainy Humid Dry
Skin Status
Itchiness Level (circle)
None 1-2-3-4-5 Severe Skin Appearance
☑ Dry ☐ Red ☐ Weeping ☐ Crusty ☐ Normal
☐ Other: ☐ Any new Areas:
Bowel Movements—all ype y 1) Time: Consistency (see below): Colour: Undigested food visible? □ Yes □ No Mucus present? □ Yes □ No Foamy? □ Yes □ No



Date: 2/3/25

Breakfast
Time: 8am Foods eaten: chia pudding (fullfat mill) + toait Whutter
Lunch
Time: <u>Ham</u> Foods eaten: hot chips + Omden tenden
Dinner
Time: <u>Spr</u> Foods eaten: <u>MCP</u> , <u>Jrvaubernes</u> , <u>beef</u> burger y cheese,
Time: 3pm Foods eaten: leb. bread y ham
Environment Room temperature: 24°C Humidity level (if known):
Weather today: □ Sunny □ Rainy 및 Humid □ Dry
Skin Status
Itchiness Level (circle)
None 1 2 3 - 4 - 5 Severe Skin Appearance Dry Red
☑ Dry ☑ Red ☐ Weeping ☐ Crusty ☐ Normal
□ Other: □ Any new Areas:
Bowel Movements - all type 4
1) Time: Consistency (see below) : Colour: Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No Foamv? ☐ Yes ☐ No



Date: 3/3/25

Breakfast
Time: 8am Foods eaten: Weetbix + full fat milk
Lunch
Time: Foods eaten:
Dinner
Time: Foods eaten:
Snacks
Time: Gam Foods eaten: Chicken + Potato + kibbeh (whea
Environment Room temperature:Humidity level (if known):
Weather today: □ Sunny □ Rainy □ Humid □ Dry
Skin Status
Itchiness Level (circle)
None 1-2-3-4-5 Severe
Skin Appearance
Dry □ Red □ Weeping □ Crusty □ Normal
□ Other: □ Any new Areas:
Bowel Movements
1) Time: Consistency (see below) : Colour: Undigested food visible? □ Yes □ No Mucus present? □ Yes □ No Foamy? □ Yes □ No



Date: 4/3/25 **Breakfast** Time: Jampoods eaten: Weetbix + full fat milh Lunch Time: 11 an Poods eaten: Chelse p1229 **Dinner** Time: 5pm Foods eaten: faxoulakia (green beans, meat, tornato sauce) + rice **Snacks** Time: ____ Foods eaten: for custoud pouch + frice thin Environment Room temperature: 24° Humidity level (if known): _____ Weather today: ☑ Sunny ☑ Rainy ☐ Unmid ☐ Dry Skin Status **Itchiness Level (circle)** None 1-2-3-4-5 Severe

Skin Appearance ellow ☑ Red ☐ Weeping ☐ Crusty □ Normal □ Other: _____ ☐ Any new Areas: _____

Bowel Movements

1)	Time: 8am	Consistency (see belo	ow): 6-1	Colour: blown
	Undigested food	d visible? ☐ Yes ☐ No	Mucus pres	sent? □ Yes □ No
	Foamy? □ Yes □ No			