

GLUTEN Symptom Tracker

This week you will avoid gluten-containing foods



With 1 being the lowest, and 5 being the highest rate your symptoms each day

	Bloating	Constipation	Diarrhoea	Aching muscles	Headache	Skin condition
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

If you are not sure how to go 'gluten free'....talk to us!

Our Nutritional Therapists are on hand instore and online to support you.

Call us on 01737 223499 or book a FREE 121 chat over the phone with us by clicking here -->

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