

Allergy & Intolerance Tracker

Allergy and intolerance Guide

General Instructions: Track potential allergies/intolerances and manage their progression.

First Part: Record Suspicious Foods and Reactions

Second Part: Consultation with the Doctor

- List suspected triggering foods
- Describe reactions/symptoms thoroughly.
- Record date of reaction.
- Add any relevant details.

- Note appointment date with medical professional.
- Describe reactions/symptoms thoroughly.
- Effectively manage allergies and intolerances with the comprehensive Allergy & Intolerance Tracker.

DATE OF REACTION	SUSPICIOUS FOOD/ TRIGGER	MOST KNOWN ALLERGENS	REACTION/ SYMPTOMS	SEVERITY OF REACTION	CIRCUMSTANCES & OTHER NOTES	TREATMENT OR MEDICATION TAKEN	DOCTOR REVIEW	ALLERGY TEST DONE ?	DATE OF TEST	RESULTS	MANAGEMENT PLAN	ADDITIONAL NOTES
				Severe			<input type="checkbox"/>	<input type="checkbox"/>				
				Severe			<input type="checkbox"/>	<input type="checkbox"/>				
				Severe			<input type="checkbox"/>	<input type="checkbox"/>				
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