TRIGGER TRACKER

A good start toward managing your heartburn is to keep track of what and how much you eat—and how you feel afterwards. Then, share this log with your doctor because together, you may identify trigger foods to limit or avoid.

Date and time you ate	What and how much you ate	Describe your symptoms	Time you noticed your symptoms	Rate your symptoms from 1–5*

*1 = mild; 5 = very severe