

## Get Back on the Resolution Track with a Free Diet & Health Journal Download

In recent years those notorious New Year's resolutions have become even more demanding. Now we not only want to lose weight and look better, but we want to feel better too. Concerned that our diets may be doing more harm than good, many of us are trialing "free-from" or elimination diets to find unsuspecting culprits. To help document the journey, GoDairyFree.org has a free 14-day Diet & Health Journal download. No logins or sign-ups are required, simply visit and print out a copy whenever you need one ...

The journal was originally created to use with the Dairy-Free Challenge, 10 days of cutting out milk products to see if a dairy-free or dairy-limited diet may improve your quality of life. However, many people are finding the journal useful for documenting health concerns to share with their doctor, elimination trials for additional foods, and other diet endeavors.

The Diet & Health Journal includes a daily questionnaire for logging any symptoms as well as a worksheet for keeping track of the food you ate and how you felt after consumption.

Of course, elimination and "free-from" diets are not for everyone, even if they are short term. Always consult a physician before undergoing any change in your diet.

Go Dairy Free is an informational website for dairy-free living that also supports multiple food allergies, gluten-free / casein free (GFCF) diets, and the vegan diet.

[Download the Diet & Health Journal here](#)