Bad Day Diary

Allergy patients have "bad days" from Weather: In the last 24 hours, what was the weather like? Was it windy, calm, time to time. Things will be going along just fine, and then all of a sudden, Wham!, rainy, dry, hot, cold? Describe weather: it hits you and you're miserable. There is one good thing about these very bad days. You can use them to learn about your body. If you do this, you will be able to remain much more comfortable in the future by avoiding the things which make you so miserable. **Diet:** In the past 24 hours, what have I Whenever you have a "bad" day, try eaten? List all foods eaten: to take a few minutes to think over the last 24 hours. What did you do? What was the weather like? Where did you go? The following list will help you to learn which things made you sick. Exposure: In the last 24 hours, was I around any animals, fumes, a basement or other moldy place? Where did I sleep? List exposures: Activity: In the last 24 hours, what activities have I done? Did I cut the grass, rake the leaves, weed the flowerbed? Did I paint a room, clean out the garage, ride a horse? Did I do some vigorous exercise? List activities: