

AIP REINTRODUCTION TRACKING LOG

Food Item: _____

Date Started: _____

PHASE	PORTION SIZE	REACTION TRACKING (SKIN, SLEEP, DIGESTION, MOOD)	RESULT
Day 1: Test 1	1/2 tsp		Pass
Day 1: Test 2	1 tsp		Pass
Day 1: Test 3	1 tbsp		Pass
Day 2: Observation	No Intake		Clear
Day 3: Observation	No Intake		Clear

Final Assessment:

Successful Reintroduction: No symptoms observed. Incorporate into diet.

Failed Reintroduction: Symptoms occurred. Remove for 3-6 months.

Template: Autoimmune Protocol Support Focus: Resilience & Healing