

SOLID FOOD INTRODUCTION TRACKER

Child's Name: _____ Starting Age: _____

| FOOD ITEM | DATE | REACTION / NOTES | DAY 1 | DAY 2 | DAY 3 |
|--------------|------|------------------|----------|----------|----------|
| Avocado | | | | | |
| Sweet Potato | | | | | |
| Banana | | | | | |

FOOD ITEM

DATE

REACTION / NOTES

**DAY
1**

**DAY
2**

**DAY
3**

Notes: Monitor for rashes, digestive changes, or mood shifts. Ref: 3-Day Wait Rule Template