BBH Vitamin B1 Food & Symptom Tracker

7-day printable observation worksheet | Bio & Brain Health Info

This worksheet helps you organize observations for a healthcare professional. It cannot diagnose vitamin B1 deficiency and does not replace medical assessment.

How to use

For seven days, note what you ate, your energy and concentration, and any symptoms. Use the questions page to prepare for a medical appointment. Do not change medicines or start high-dose supplements based on this tracker.

Daily tracking

Day	Foods / meals	Energy (1–5)	Focus (1–5)	Symptoms / notes
Day 1	_____	____	____	_____
Day 2	_____	____	____	_____
Day 3	_____	____	____	_____
Day 4	_____	____	____	_____
Day 5	_____	____	____	_____
Day 6	_____	____	____	_____
Day 7	_____	____	____	_____

Optional notes: sleep, appetite, medications or relevant changes

_____

_____

Questions for a healthcare professional

• Could my symptoms have causes other than a nutrient deficiency?

_____

• Do my diet, medical history or medications suggest higher risk?

_____

• Would testing or another examination be appropriate?

_____

• What symptoms require urgent care?

_____

• If treatment is needed, how will we monitor response?

_____

Food ideas to discuss

Examples of dietary thiamine sources include lentils, beans, sunflower seeds, whole or enriched grains, fortified cereals and pork. Food availability and nutritional needs vary. These examples are not a prescribed diet.

Safety note

New confusion, marked difficulty walking or unusual eye movements can signal a medical emergency, particularly in someone with poor nutrition or prolonged vomiting. Seek urgent medical care rather than relying on this worksheet.

BBH | bioandbrainhealthinfo.com | Educational use only