

ALLERGY DASHBOARD NOTION TEMPLATE

Title	Allergy Dashboard Notion Template
Category	Personal , Health and Finance , Food and Nutrition ,
Description	Keeping a digital space for documenting all the information related to your allergies can be a key factor in improving your health and your relationship with your diagnosis. The Allergy Dashboard in Notion can become your best ally for this. The Allergy Dashboard is based on a food diary that will help you track, not only your meals but also any symptom that occurs. Once you pinpoint a food that seems to trigger symptoms you can document all within Notion and have reliable information for your next doctor appointment. WHAT'S INCLUDED? Medical section: Include databases that will help you document your official allergies, plan your medical appointments, and have a doctor's directory with all relevant information within. Day to Day: This is mainly based on the Food Diary. The Food Diary is an aesthetic setup to record your food, organized by meals and connected to a symptoms database. This connection will help you to add a specific meal to a specific symptom you had. This is an amazing source of reliable information. Going out: A section dedicated to food sources. Besides keeping track of what you eat for a meal, you will be able to track the food source i.e. a specific restaurant, home, grandma's house, etc. Additionally, for restaurants, you will have a pre-built allergens table so you have your special list of safe restaurants and safe dishes. Safe brands: Allergies are not only about food, there are other types of products that can give us allergic reactions, therefore this space will help you to have a list of those safe brands and safe products that you can use. What else I will find? • All databases include specific templates that will help you keep the aesthetics and the system in order • Databases are connected for a better documentation experience • The filters will help you spot specific trends in your food diary Important While a food diary is a tool to help you control allergies, it is not a way to self-diagnose a food allergy. Visit your doctor! This template is not a medical recommendation, it is only an organizational system to improve your experience with allergies.
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Allergy Dashboard

Keep your allergies under control using
Notion

- Medical
- Food Sources
- Safe Brands
- Food Diary
- Symptoms
- Allergies
- and More

Allergy Dashboard [TEMPLATE]

1 backlink

This Dashboard will help you have a better control of your allergies. You can take this template as far as you need. For the ones that look have a list of your allergies or doctors. For the ones looking for an entire digital environment you can keep a food diary, which you can co sources. •• **READ ME FIRST**

STAY POSITIVE! Happiness is *great food* and *great company* !

Health



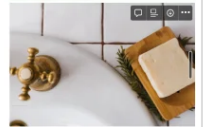
Medical

Going out



Restaurants

Safe Brands



Favorite Products

Screenshot

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