Food Sensitivity Tracking

10	**Extreme Itching - *severe/continuous itching***
	Dog does not stop itching irrespective of surrounding, needs to be physically restrained.
8	**Severe Itching - *prolonged episodes***
	Itching disrupts dog's sleep, eating, play, and exercise. Itching continues even if dog is distracted.
6	**Moderate Itching - *frequent episodes***
	Dog is itchy periodically throughout the day, but not when eating, playing, exercising etc. Itching occurs at night when observed.
4	**Mild Itching - *semi-frequent episodes***
	Dog does not itch when eating, playing, or exercising.
2	**Very mild itching - *occasional episodes***
	Dog is only slightly itchier than what I consider normal.
0	**Normal - itching is not a problem for my dog**

			Itch Scale						
Proteins	Supplements		Mon	Tues	Weds	Thurs	Fri	Sat	Sun
		Week 1							
		Week 2							
		Week 3							
		Week 4							
		Week 5							
		Week 6							

*This scale is an adaptation of the pruritus severity scale developed by Hill, P.B., Lau P., and Rybnicek, J. (2007)