

Allergy Log

	Rash	Itching	Hives	Constipation	Diarrhea	Hard to Breathe	Cramping	Scratchy Throat	Runny Nose	Facial Color	Swelling
ANIMALS											
Cats											
Dogs											
Insects											
Other											
MEDICATIONS											
Antibiotics											
Pain Medication											
Anesthetics											
Other											
ENVIRONMENT											
Dust											
Mold											
Cleaning Products											
Pollen											
Grasses											
Trees											
Other											
FOODS											
Shellfish											
Peanuts											
Eggs											
Wheat											
Soy											
Other											
DRINKS											
Beer											
Other Alcohol											
Juice											
Milk Products											
Other											

Sample