mood

date _____ weight _____ activity _____

notes

SMASH

Superior Mesenteric Artery Syndrome Help

smash.foundation

Where does it hurt?

	12	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11
nausea																								
vomiting																								
feeling full																								
bloating																								
burping																								
fatigue																								
_____																								
_____																								

pain

10
9
8
7
6
5
4
3
2
1
0

food intake

calories _____ = _____ total calories