



Ron Schaefer  
Certified Holistic Iridologist  
EyesByRon.com

Please print document, fill it out, and  
email back to: [Eyesbyron@gmail.com](mailto:Eyesbyron@gmail.com)

## Food History

Name:

Date:

Email:

Phone:

List what you had to eat for the week. Please be detailed and include snacks or extras.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Add a second sheet if necessary.