

Pollen Allergy and Food Chart

Patient Name	Date
Allergist/Healthcare Provider	
Pollen Allergy Information	
Types of Pollen Allergy <input type="checkbox"/> Grass Pollen: <input type="checkbox"/> Weed Pollen: <input type="checkbox"/> Tree Pollen: <input type="checkbox"/> Other:	
Allergy Symptoms	Peak Pollen Seasons

Pollen Allergy Information

Types of Food Allergy

Shellfish:

Nuts:

Fish:

Dairy:

Others:

Allergy Symptoms

Cross-Reactivity Concerns

Record of Food Reactions
Healthcare Provider Recommendations
Additional Notes