



Tracking signs and symptoms

List symptoms you experienced, the date you experienced the symptom, describe what you experienced, and make note of anything you think may have triggered the symptom. Take this tracking sheet with you to all your medical appointments. Tracking your symptoms over time can help you and your doctor manage your symptoms.

Date	Symptoms	Notes (triggers, time of day, etc)



1. Are there any treatments I can use to help manage my symptoms?
2. Are there any other medical providers that I should see about my symptoms?
3. _____
4. _____
5. _____
6. _____