Week 1: your daily symptom log

Choose two or three concerns. Write what changed, the context and one effect on daily life.

Dates: _____ Priorities: _____

Use estimates. Note treatment changes with dates. Mark missed days; do not invent details. For a quiet day, write "nothing unusual." You can continue on the back of the page.

Day / date	What changed? Severity / duration	Sleep / cycle / treatment context	Effect on daily life or a question
1			
2			
3			
4			
5			
6			
7			

Keep the entries and a current medication list for your visit. Ask for care when needed; completing two weeks is not required.

Week 2: your daily symptom log

Choose two or three concerns. Write what changed, the context and one effect on daily life.

Dates: _____ Priorities: _____

Use estimates. Note treatment changes with dates. Mark missed days; do not invent details. For a quiet day, write "nothing unusual." You can continue on the back of the page.

Day / date	What changed? Severity / duration	Sleep / cycle / treatment context	Effect on daily life or a question
8			
9			
10			
11			
12			
13			
14			

Keep the entries and a current medication list for your visit. Ask for care when needed; completing two weeks is not required.

Your appointment summary

Lead with the concern affecting you most. Bring the daily logs and identify any missing days.

Appointment date: _____ Recorded days: _____ of _____

1. Main concern and approximately when it began

2. How often it happened in the days I actually recorded

3. One example of its effect on work, sleep or daily activity

4. Cycle dates or treatment changes that belong in the timeline

5. My two most important questions for this visit

Bring a separate list of medicines and supplements with names, doses and dates of changes. A repeated pairing is an observation, not proof of a cause.

After the visit: next step / follow-up date