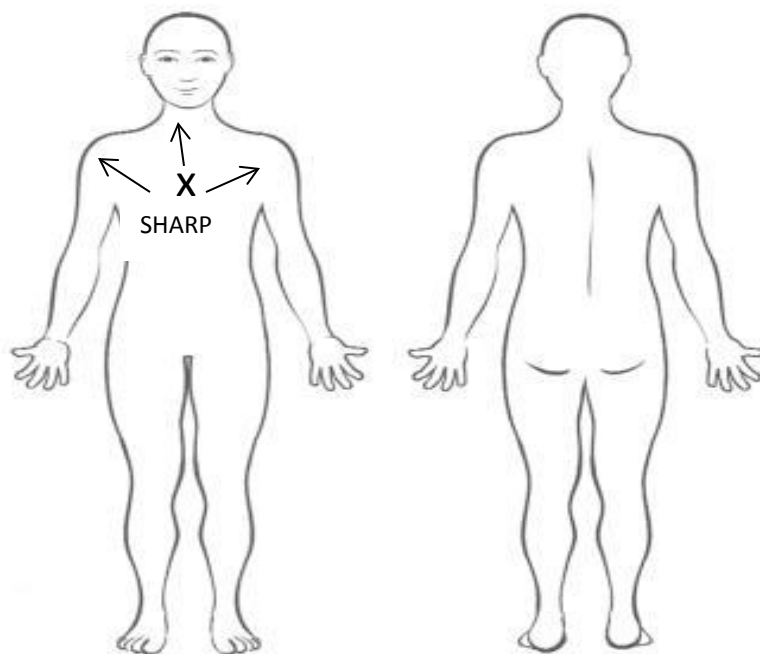


SAMPLE SYMPTOM JOURNAL

When you are not feeling well or are concerned about your health, explaining what is wrong may be hard to do. Journaling your symptoms will help you maximize your visit, enabling you to quickly answer questions.

Use the drawing to indicate your health changes:

1. Where is it? Mark the drawing with an X.
2. How would you describe your symptom? Add words near the X such as sharp, achy, dull, stabbing, tingling
3. Does the pain radiate to some other area? Draw an arrow to this second place.



	Symptom 1	Symptom 2	Symptom 3
My symptoms	<i>Sharp pain in chest</i>	<i>Cough</i>	
When it started	<i>4 weeks ago when drinking alcohol</i>	<i>2 weeks ago</i>	
How severe is the pain at its worst? (1-10, 1 being no pain)	8	2	
How severe is the pain right now? (1-10, 1 being no pain)	2	0	
Is the pain constant or does it come and go?	<i>At first pain only with alcohol and sometimes shooting pain</i>	<i>Slightly when I cough, throughout the day</i>	
What makes it better or worse? (Ex: exercise, eating, time of day)	<i>Bending forward helps a little</i>	<i>Lying down makes it a little worse</i>	
What I think caused this symptom (Ex: accident, new medication)	<i>Thought it was alcohol, stopped drinking, now not sure</i>	<i>Not sure</i>	
How I have treated my symptom (Ex: Tylenol, other doctor)	<i>Went to chiropractor</i>	<i>Tylenol, every 4-6 hours when pain is bad</i>	
How it affects my daily routine	<i>Having trouble sleeping</i>	<i>My co-workers are complaining</i>	