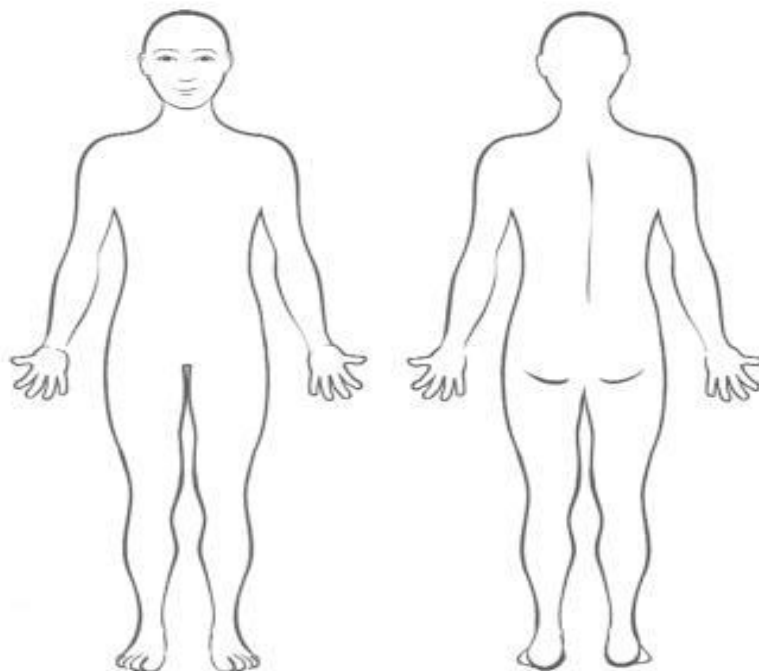


SYMPTOM JOURNAL

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 | | | |
| When it started | | | |
| How severe is the pain at its worst? (1-10, 1 being no pain) | | | |
| How severe is the pain right now? (1-10, 1 being no pain) | | | |
| Is the pain constant or does it come and go? | | | |
| What makes it better or worse? (Ex: exercise, eating, time of day) | | | |
| What I think caused this symptom (Ex: accident, new medication) | | | |
| How I have treated my symptom (Ex: Tylenol, other doctor) | | | |
| How it affects my daily routine | | | |