

SYMPTOM & HEALTH PATTERN TRACKER

Notice patterns. Bring clearer information to your visit.

A practical health resource from

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Track symptoms, daily factors, and changes over time. This information can help you communicate clearly with your healthcare professional.

Educational guidance for preparation and self-advocacy—not a substitute for individualized medical care.

How to Use This Tracker

Choose the symptom or concern you want to track. Complete one row each day, or whenever the symptom happens. Bring this tracker to your appointment.

My symptom or concern: _____

Date I started tracking: _____

Rating guide: 0 = none, 10 = worst imaginable. Use words such as mild, moderate, severe, constant, or comes and goes when helpful.

Daily log

Date / time	Symptom & severity	What was happening before?	What helped or worsened it?	Other notes

Patterns and Appointment Notes

What patterns am I noticing?

- Time of day
- Food or drink
- Sleep
- Stress
- Movement
- Menstrual cycle
- Medication or supplement changes
- Work, travel, illness, or environmental exposure

How is this affecting my daily life?

Questions for my healthcare professional

Urgent safety reminder

Seek emergency help or call 911 for severe chest pain, trouble breathing, signs of stroke, fainting, severe allergic reaction, heavy bleeding, or immediate concerns about harm to yourself or others.