

Symptom Diary

Name:

Symptom: (eg. GERD):

Main Symptoms (What do you experience when your issue is most present active?):							Start Best Day: /10 #d/w Worst Day: /10 #d/w Average Day: /10 #d/w	
What do you think might be making it worse or better?							Follow up Best Day: /10 #d/w Worst Day: /10 #d/w Average Day: /10 #d/w	
<u>Sherlock Holmes Time:</u> You get to study yourself. Track your symptoms. When they are really strong ask yourself , “What might have caused them to be worse today? “ and write it down. When your symptoms are very low ask, “What might have helped them be better today?” and write it down. After 4 to 8 weeks patterns often emerge that can help you feel better more often!								
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Notes
1								
2								
3								
4								