

# Symptom Diary

Name:

Symptom: ( eg. GERD):

<b>Main Symptoms</b> (What do you experience when your issue is most present active?):							<b>Start</b> Best Day:        /10    #d/w Worst Day:     /10    #d/w Average Day:   /10    #d/w	
<b>What do you think might be making it worse or better?</b>							<b>Follow up</b> 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. <b>After 4 to 8 weeks patterns often emerge that can help you feel better more often!</b>								
	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Notes</b>
1								
2								
3								
4								