SYMPTOM TRACKER + PATTERN LOG

PREVIEW

A digital product for people living with chronic illness

Created by Kale Vine | kalevine.com

YOU ARE PREVIEWING PAGES FROM THIS PRODUCT

The full interactive PDF includes all sections listed inside.
Every field is typeable. Print it or fill it digitally.

$12 CAD
kalevine.com/shop

PREVIEW ONLY | Full version available at kalevine.com/shop | For personal use only

SYMPTOM TRACKER + PATTERN LOG -- PREVIEW

You are looking at sample pages from the full product.

Chronic illness is incredibly hard to communicate. Symptoms shift. Memory is unreliable. Doctors have 10 minutes with you. This tracker closes that gap. It turns your daily experience into data you can actually use at every appointment. Below you will find real pages from the full tracker -- exactly what you get when you purchase.

EVERYTHING IN THE FULL VERSION

- v How to use this tracker and get results at appointments
- v My Body Baseline -- your personal starting point
- v Daily Symptom Log -- 11 body systems, 0-10 rating scale, full notes
- v Triggers and Patterns Log -- find what makes things better or worse
- v What Helps Relief Log -- track your actual relief strategies
- v Sleep Quality Tracker -- 14-day log with pattern notes
- v Medication and Treatment Response Log
- v Flare Event Log -- 4 detailed logs per episode
- v Monthly Symptom Overview -- your appointment preparation sheet
- v What to Bring to Your Appointment -- fill in the night before
- v My Advocacy Notes -- running record of what works and what does not

Sample pages from the full tracker are on the following pages.

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SAMPLE PAGE: DAILY SYMPTOM LOG

This is one of the daily log pages included in the full tracker.

Fill this in at the same time each day. Evening works well for most people. The rating scales let you track 11 different symptom categories consistently so you can see trends over time and bring real data to every appointment.

Date

Day of week

Sleep last night (hours)

Sleep quality (0 = awful | 10 = perfect)

Overall energy today (0-10)

Overall pain today (0-10)

Overall mood today (0-10)

SYMPTOM RATINGS (0 = none | 10 = worst ever for you)

Rate each symptom honestly. Your 10 is your 10. No one else's scale matters here.

Pain -- location and severity (0-10)

Fatigue / exhaustion (0-10)

Brain fog / cognitive difficulty (0-10)

Nausea / digestive symptoms (0-10)

Headache / head pressure (0-10)

Joint stiffness or swelling (0-10)

TODAY'S DETAILS

Pain locations today (be specific)

Pain type (aching, stabbing, burning, etc.)

What I did today -- activities, outings, work (include rough duration)

Full page continues in the complete tracker -- kalevine.com/shop

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SAMPLE PAGE: FLARE EVENT LOG

Document every flare. This becomes your most powerful advocacy tool.

A flare is a period when your symptoms significantly worsen from your baseline. Documenting flares in detail gives you longitudinal data that is extremely useful for diagnosis, treatment decisions, and disability documentation. The full tracker includes 4 complete flare logs.

Flare start date

Flare end date (or "ongoing")

Duration (days)

Peak severity (0-10)

Recovery time needed

Symptoms during this flare -- list all, including ones not in your usual pattern

Possible triggers or what was happening in the 24-48 hours before this started

What helped most during this flare -- be specific

Did you contact your doctor? (Yes / No)

If yes -- what was the outcome?

Full flare log continues -- 3 more complete logs in the full tracker

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SAMPLE PAGE: MONTHLY SYMPTOM OVERVIEW

Fill this at the end of each month. It becomes your appointment summary.

This is the page to bring to every appointment. Fill it the night before. Hand it to your doctor. A month of data, summarized clearly, is harder to dismiss than anything said from memory.

Month and Year

Overall month rating (0-10)

Good days this month (#)

Medium days (#)

Bad or flare days (#)

Average pain (0-10)

Average fatigue (0-10)

Average fog (0-10)

Main symptoms this month -- what stood out most?

Suspected triggers this month

What helped most this month

What I want to discuss at my next appointment -- my top 3 priorities

Monthly overview continues -- get the full version at kalevine.com/shop
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