My Symptom Tracker Tool (Front)

A simple way to capture what you feel, when it started, and what's changing.

Patient Name: _____ DOB: _____

Form Completed By: _____ Date: _____

1. What You're Feeling (Describe your symptoms in your own words.)

Symptom Name: _____ _____ _____

	Symptom #1:	**Symptom #1:**	**Symptom #1:**
Primary Mention:	_____	_____	_____
Started:	_____	_____	_____
Location:	_____	_____	_____
Duration:	_____	_____	_____
Severity:	_____	_____	_____
Secondary Mention:	_____	_____	_____

2. How they Behave (Record anything that makes the symptom better or worse.)

Better When:

Symptom #1: _____

Symptom #2: _____

Symptom #3: _____

Worse When:

Symptom #1: _____

Symptom #2: _____

Symptom #3: _____

3. What's Changed Since It Started (Track progression, new symptoms, or shifts you've noticed.)

Changes (better, worse, new developments):

Symptom #1: _____

Symptom #2: _____

Symptom #3: _____

(Back

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4. Medications, Remedies, or Actions Taken Include anything you've tried — even if it didn't help.

What you took or did:

_____, _____, _____

Effect (if any): _____

_____

_____

5. Progress Check-In: A quick space to note how things look throughout time. (1 Being the least pain, 10 the most)

Date: _____ Symptom Level Check one: (1-10) ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

Notes / What Stood Out: _____

Date: _____ Symptom Level Check one: (1-10) ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

Notes / What Stood Out: _____

Date: _____ Symptom Level (Check one: (1-10) ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10

Notes / What Stood Out: _____

6. Questions for Your Provider

Use this space to jot things you don't want to forget during the visit.

Item #1: _____

Answer: _____

Item #1: _____

Answer: _____

Item #1: _____

Answer: _____

7. Bring This Page to Your Appointment

After filling this out, bring this Symptom Tracker Tool with you to the appointment so your provider can see the fuller picture of what's been happening—not just what's visible at the point of care. This organized snapshot gives them a longer lens on your symptoms and supports a higher-quality shared decision-making process built on accurate, timely information.