

Symptom Tracking Before Diagnosis

Strategic tracking when seeking a diagnosis for unexplained symptoms.

Name:

Date Range:

Comprehensive Symptom Log

When seeking a diagnosis, capture everything. Patterns in diverse symptoms often point to the underlying condition.

Date	Primary Symptom	Severity	Secondary Symptoms	Timing	Triggers	Duration

Systemic Symptom Check

Check weekly. Many conditions affect multiple systems. Tracking all symptoms helps with differential diagnosis.

System	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Musculoskeletal							
Neurological							
GI / Digestive							
Fatigue / Energy							
Skin changes							
Fever / Chills							
Cognitive (brain fog)							
Mood / Emotional							
Sleep disruption							

System	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Other							

Tests & Appointments

Date	Doctor / Specialist	Tests Ordered	Results	Next Steps

Observations & Patterns Noticed