

# 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.

# 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