



**SELF CARE**











# doctors' notes

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# medication tracker

DATE PRESCRIBED .....

## BASIC INFO

NAME

DOSAGE

PRESCRIBING DOCTOR

INDICATIONS

## QUESTIONS

FOR WHAT?

HOW OFTEN?

WHAT KIND?

WHEN REFILLED?

## WHEN TO TAKE

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

AM																	
PM																	

17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

AM																	
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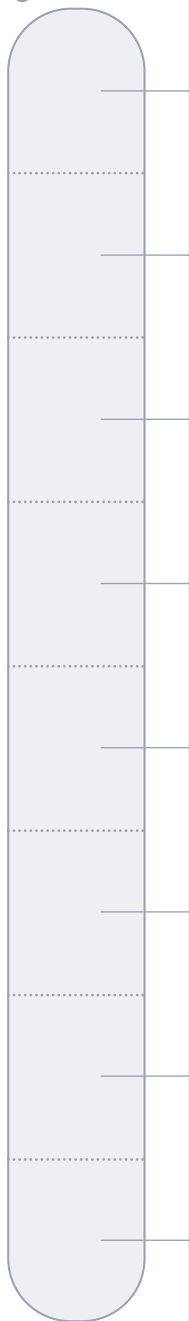
## NOTES

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# goal progress tracker



GOAL	DATE	NOTES
FINISHING STATS	FINISHING DATE	
STARTING STATS	STARTING DATE	

# goal progress tracker



GOAL	DATE	NOTES
FINISHING STATS	FINISHING DATE	
STARTING STATS	STARTING DATE	



# symptom tracker

## INSTRUCTIONS

This printable is a fillable symptom tracker that can be used to track everything from chronic pain to your cycle to mental health. I love the way this printable allows you to get a lot of information about your day at a quick glance. Real quickly, I'd like to walk you through how you can use each section.



### 01 TRACKING TRENDS

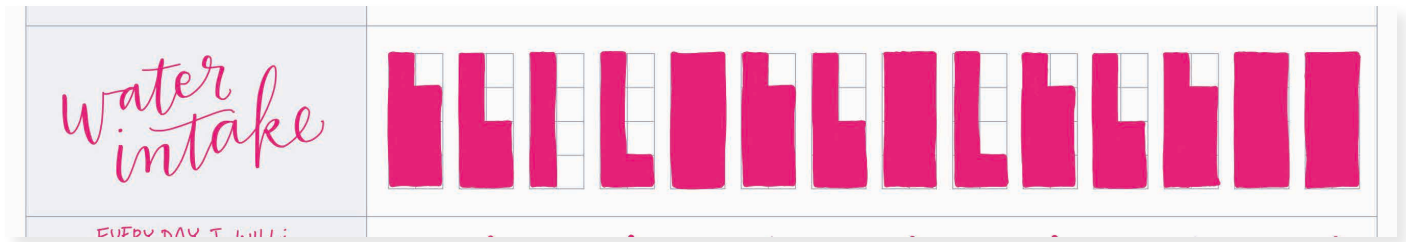
The first part of this printable is laid out as a simple graph. This is a great place to track the number one “problem” or “symptom” that you are trying to get information about. That could be pain level emotional health or mental health just to name a few. You’ll be able to quickly compare how you’ve been doing over the last two weeks. I’ve left spaces for you to fill in what each ranking means to you instead of the sometimes arbitrary 1 to 5 scale.

1 <u>Headache</u>	✗	●	●	●	✗	✗	●	●	●	✗	●	✗	●	●
2 <u>Went on run</u>	●	✗	✗	✗	●	●	✗	✗	●	●	✗	✗	●	✗
3 <u>Slept 8 hours</u>	→	✗	✗	✗	✗	✗	●	✗	●	✗	●	✗	✗	✗
4 <u>Took vitamins</u>	✗	✗	✗	●	✗	✗	✗	✗	✗	✗	●	✗	●	✗
5 <u>Extra pain meds</u>	✗	●	●	●	✗	✗	✗	●	●	●	●	✗	●	●

### 02 TRACKING SYMPTOMS & HABITS

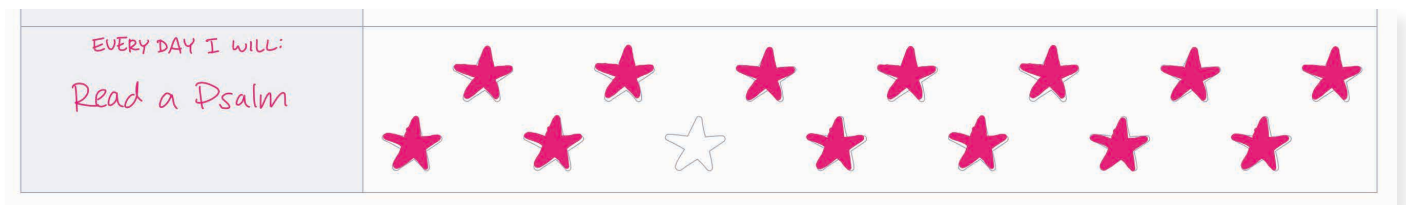
The second section is a place for you to check off symptoms, habits, or potential triggers. If you are trying to find a cause for your pain or see if your exercise is related to your mental health, this section is for you! It allows you to check off each day what did and did not happen during the day.

# symptom tracker



## 03 TRACKING QUANTITY OR INTENSITY

This third section was originally intended as a water tracker. As you can see, there are 8 little boxes you can fill in (for 8 cups of water, of course!) But it could also be used for tracking something such as headache intensity or miles run on the treadmill.



## 04 FINDING SOMETHING POSITIVE

This last section is my favorite! We left the heading blank on purpose, so you can make whatever you'd like to out of it. But I like to put "every day I will" at the top, and then choose one or two actions I will complete every day. It is empowering to tell yourself you are going to do something and then to do it. Don't make these too difficult or grandiose, just find some small thing you want to add into your day to day routine and set your mind to getting it done.



# symptom tracker

CATEGORIES	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1.....	•	•	•	•	•	•	•	•	•	•	•	•	•	•
2.....	•	•	•	•	•	•	•	•	•	•	•	•	•	•
3.....	•	•	•	•	•	•	•	•	•	•	•	•	•	•
4.....	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5.....	•	•	•	•	•	•	•	•	•	•	•	•	•	•
1.....	•	•	•	•	•	•	•	•	•	•	•	•	•	•
2.....	•	•	•	•	•	•	•	•	•	•	•	•	•	•
3.....	•	•	•	•	•	•	•	•	•	•	•	•	•	•
4.....	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5.....	•	•	•	•	•	•	•	•	•	•	•	•	•	•





