

Daily Medical Symptom Tracker

A structured log to record physical health data before medical appointments, counter diagnostic overshadowing, and track condition trends over time.

Instructions for Use

Fill out this tracker daily or during symptom flare-ups. Bring this completed sheet to your physician visits to provide concrete, objective data regarding your symptoms.

Date / Time	Symptom(s) (Dizziness, Pain, Fatigue, etc.)	Intensity (Scale 1–10)	Duration (Mins / Hours / Constant)	Impact on Activity (Missed school, unable to stand)	Triggers & Factors (Standing up, heat, food)	Notes & Mood (Medication response, emotional state)
<i>Example:</i> 10/12 - 9:00 AM	Dizziness & Tachycardia	7 / 10	45 minutes	Had to sit down on class floor; missed 1st period.	Standing up in line, hot classroom.	Heart felt racing (130 bpm). Felt frustrated and tired.

Advocacy Tip for Medical Visits

"I have tracked my symptoms using this log over the past several weeks. As you can see, these episodes consistently impact my ability to attend school and perform daily tasks, specifically triggered by physical position and exertion rather than emotional stress."