

My Symptom Story and Timeline

From: Preparing Questions for Your Appointment (Sample) · Telling your health story clearly · by Elena Novak (Sample)

Use this to describe a symptom clearly and track how it behaves over time. Short notes are perfect.

The symptom story

What it feels like:

Where I notice it:

When it started (and suddenly or slowly):

Constant or comes and goes? Time of day?

What makes it better:

What makes it worse:

How it affects my daily activities:

What I've tried and whether it helped:

Timeline

Date / time	What I noticed	How long it lasted	How strong (0-10)	What I was doing	What helped or worsened it

My one-sentence headline for the visit

The main thing I want help with today is...

Call 911 instead of tracking if you notice

- ☐ Chest pain or discomfort lasting two minutes or more
- ☐ Trouble breathing
- ☐ Bleeding that won't stop
- ☐ Sudden severe pain
- ☐ Fainting or being unable to speak

Sample worksheet for general education. Symptom questions adapted from the National Institute on Aging; emergency signs from MedlinePlus. Bring this to your own healthcare professional.