

My symptom diary

Write down what happens as soon as you can, even if it's only a few words, and bring this diary to your appointments.

About me and my care team

Name

Date of birth

My conditions, in my own words

Allergies

My care team

Who	Name	Phone
GP		
Specialist		
Specialist		
Nurse or other		
Pharmacy		
Emergency contact		

Name

What happened

Use one row each time something happens. If you're not sure of a time, write "about" before it.
Print this page as often as you need.

Date	Time it started	How long it lasted	What happened	What helped	Who saw it

Name

The month at a glance

Month and year

Make a mark in a day's box each time something happens.

☐ Tick the small box on a day when nothing happened, so a blank day isn't mistaken for a day you forgot.

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
8	9	10	11	12	13	14
☐	☐	☐	☐	☐	☐	☐
15	16	17	18	19	20	21
☐	☐	☐	☐	☐	☐	☐
22	23	24	25	26	27	28
☐	☐	☐	☐	☐	☐	☐
29	30	31				
☐	☐	☐				

Name

My medicines

Medicine	Dose	When I take it	Started, changed or stopped on

Missed or late doses

Date	Medicine	Missed or late

Name

Questions for my doctor

Write your questions down as you think of them, and take them to your next appointment.

Next appointment

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.
