



SYMPTOM TRACKER

- **Help your Health Practitioner to help you, by using this document to...**
 - ✓ Log ALL details of the symptom(s) you are experiencing – be specific, honest, and detailed.
 - ✓ List any questions you would like to ask.
 - ✓ Write down your Health Practitioner instructions (*during your consult*) so you don't forget, or omit, important information relayed to you.
- BEFORE your appointment read this section in the GHG 🙌 Do I need antibiotics?

During your appointment:

- Tell your Health Practitioner (and show if applicable) what symptoms you've been experiencing.
- When your Health Practitioner recommends a course of treatment, ask what the pros and cons of the treatment are and what tests can be performed to confirm a diagnosis. This way you can make an informed decision.

Area - Required information (2 Examples)	Your symptom
Symptom presenting issue(S) 1. Abdominal pain. 2. Knee pain.	
Location where exactly is it? 1. Right side, under ribs 2. Left knee, right inner area.	
Onset day/time 1. Monday 27 June on waking 6am. 2. Tues 23 July 10am, getting out of car.	
Sensation/Intensity pain/Intensity/Feeling 1. Starts with a tolerable dull pain. Turns into severe sharp pain before meals. 2. Starts with dull ache & stiffness, then when getting up tight, stiff and throbbing pain. Cramping in left calf when sleeping.	
Appearance What does it look like 1. No bloating – can't see anything. 2. No discerning swelling or bruising.	
Duration? How long does it last? Secs, mins, hrs, days, weeks? 1. Every day, all day, worse before meals. Had for 5 continuous days. 2. Every morning for 2-hrs, then worse when I sleep. Had for 7 continuous days.	
Aggravating What aggravates it? Makes it feel worse? 1. Empty stomach. 2. Bending, getting up from sitting.	
Ameliorating What makes it feel better? 1. Eating or drinking feels better. Heat packs. 2. Lying flat with leg stretched out and knee slightly bent. Cold packs.	
Affect... How does it affect you physically, mentally, emotionally 1. Can't perform many daily tasks. Pain is tiring and upsetting. Feel very down. 2. Unable to get up with ease, mentally I am over it. I feel annoyed and upset.	
Other notes History that assists your Health Practitioner in diagnosis/treatment 1. Had lap band surgery 2010. 2. Had car accident 2017, whip lash, sore body muscles.	



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Questions I want to ask...

A large, empty rectangular area with a light gray background and a dotted border, intended for the user to write their questions.

Health Professional's Instructions...

A large, empty rectangular area with a light gray background and a dotted border, intended for the user to write instructions from a health professional.