Diary of bodily signs

A record of symptoms and the circumstances around them — for when examinations find nothing.

> This diary **does not replace a medical examination** and isn't a tool for self-diagnosis. It is material to take with you — when no physical cause has been found, the next step is looking for a pattern.

Entries

DATE, TIME	SYMPTOM	INTENSITY 1–10	WHAT WAS HAPPENING JUST BEFORE	WHO I WAS WITH	SLEEP / MEALS	WHAT EASED IT

What I notice

At which times does it appear most often?

What do the strongest days have in common?