

Symptom & Function Journal

Purpose: Create a contemporaneous record of symptoms, functional effects, treatment use, and day-to-day changes in your own experience.

This master journal can be used for any condition or health issue. Use a separate copy for each condition you are tracking.

Condition / Health Issue:	
---------------------------	--

DOCUMENT THE EXPERIENCE. DON'T CURATE THE EXPERIENCE. Record ordinary days too. If symptoms are mild, absent, improving, or do not interfere with an activity, record that when appropriate. The goal is an accurate record over time, not a collection of only your worst days.

START WHERE YOU ARE. Make entries at or near the time something occurs when practical. Do not recreate months or years of daily entries from memory.

Date / Time	Symptoms / What Happened	Severity / Measure	Duration	What I Was Doing	Functional Effect	Treatment / Response	Notes

Severity / Measure: Use a measure that is meaningful and consistent for the condition you are tracking. You do not have to use a numeric scale.

TOOL 9 | SYMPTOM & FUNCTION JOURNAL - CONTINUED

Date / Time	Symptoms / What Happened	Severity / Measure	Duration	What I Was Doing	Functional Effect	Treatment / Response	Notes

OPTIONAL PERIOD SUMMARY

Period:		to	
What was typical during this period?			
Anything noticeably different from usual?			
Did I seek or receive medical care during this period?			

This journal records your observations. It is not a diagnostic tool and does not replace medical treatment or your provider's records.