KANDOLA LLC / ARVELI

Symptom diary

Blank appointment worksheet

Date range: _____ Appointment: _____

Write only what you want to record. Mark estimates clearly and leave unknown details blank. A missing entry does not mean there was no symptom. Bring a current list of medicines, vitamins and supplements separately.

Use another sheet whenever you need more room.

Date & time	Symptom & location	Duration & changes	Context & effect on my day	Medicines taken, if relevant
Entry 1				
Entry 2				
Entry 3				
Entry 4				
Entry 5				
Entry 6				

Questions I want to ask

Personal notes, not a medical assessment. Do not delay care to complete this diary. Keep completed copies private.

Blank template and guidance: https://kandola.org/arveli/symptom-diary