

Symptom Diary

Track symptoms, triggers and timing before a consultation

Useful details to note

- When the symptom started and how long each episode lasts.
- Location, severity and character of pain or discomfort.
- Possible triggers: food, exertion, sleep, stress, medicines or menstrual cycle.
- Associated symptoms such as fever, vomiting, breathlessness, palpitations or dizziness.
- What improves or worsens it.

Date/time	Symptom	Severity 0-10	Possible trigger	What helped?

Do not delay emergency care just to complete a diary if symptoms are severe or rapidly worsening.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.