

When a symptom spikes, look back over the previous 24 hours and tick everything that was unusual. Do not decide the cause from one entry: after 10–20 rows, count the ticks.

NAME

SYMPTOM I AM TRACKING

FROM

TO

SEVERITY

0

None

Not present today

1

Noticeable

Aware of it, can still do things

2

Limits

Interferes with some activities

3

Stops

Prevents most or all activities

Date / time	Symptom that spiked 0–3	Sleep	Effort	Stress	Food	Weather	Cycle	Meds	Illness	Other	Hrs after	Notes

TALLY · HOW OFTEN DID EACH CATEGORY APPEAR?

Three or more ticks across different spikes is a pattern worth discussing.
One tick is a coincidence.

CATEGORY	TICKS	PATTERN? (3+)
Sleep		
Effort		
Stress		
Food		
Weather		
Cycle		
Meds		
Illness		
Other		

FOR YOUR APPOINTMENT

“My [symptom] spiked N times. In N of them, [context] came first.”