TRIGGER TRACKER

What set it off?

Juno

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."