

Wellness Symptom Tracker and Journal

Supporting your healing journey, one week at a time

■ How to Use This Tracker

This tracker helps you observe your body's patterns, emotions, and responses over time. It supports your healing journey by revealing what helps, what challenges persist, and how your wellness evolves.

1. Record your key symptoms each day and rate their intensity (1–10).
2. Add short notes about possible triggers or improvements (diet, stress, sleep, etc.).
3. At the end of each week, use the reflection prompts to notice changes and patterns.
4. Complete your monthly summary to celebrate progress and identify trends.

■ Tips for Best Results

- *Approach this process with kindness and curiosity. Healing isn't linear, and every small shift matters.*
- *Make it part of your daily rhythm — even a few notes can reveal meaningful patterns.*
- *Be gentle and honest in your reflections; this is a tool for awareness, not perfection.*
- *Keep your completed pages together to see your healing unfold.*
- *Share your insights during our sessions so we can celebrate progress and refine your plan together.*