

Allergy Symptom Tracker



Use this table to track any physical symptoms you experience throughout the day. Noting patterns in severity, location, and possible triggers can help your provider or coach better understand what's happening.

Date	Time	Symptom	Severity (1-10)	Body Location	Duration	Possible Trigger	What Helped?

Tips:

- Use descriptive terms like dull, sharp, burning, tight, heavy, etc. You
- can note if the symptom is new, recurring, or improving. Consistent
- use can help identify food, hormone, or activity-related patterns.