

A FREE RESOURCE • VISIBLE ON PURPOSE

Show Up Prepared.

*My symptom chart, mental health check-in,
and visit record — to bring to every appointment.*

Name: _____

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Free to download, print, and share with anyone who needs it.

HOW TO USE THIS

Write it down. Not remembered — written.

1. **Log it the day it happens.** Plain words, not medical words. Approximate beats absent.
2. **Check in on how you're feeling,** not just what hurts. Your mental health is part of your health.
3. **Hand it over, don't read it.** Say: *"I've been tracking this. I'd like it in my chart."*
4. **Lead with the pattern.** "Since June, 22 days out of 30, getting worse, not better."

ASK BEFORE YOU LEAVE THE ROOM

"What happens if this gets worse — what's the next step, and when do I call you back?"

If you remember nothing else: write down the date something started. Everything else can be rebuilt. The date almost never can.

My Symptom Log

One line per day. Rate it on **your** scale and use the same scale every time. Two weeks of this tells a clearer story than twenty minutes of “it’s kind of been off lately.”

Date	What I felt <i>Plain words: “sharp pain low on the left”</i>	How bad <i>1–10</i>	How long <i>Minutes, hours, all day</i>	What was going on <i>Food, stress, activity, time of day</i>	What I tried · Did it help?
Example: 6/3	Sharp pain, low on the left	6	About 2 hours	After dinner · stressful workday	Heating pad · helped a little

My Mental Health *Check-In*

Living with symptoms, waiting on answers, and pushing to be heard takes a toll. **How you feel is part of your health**, and it's okay to tell your care team. Rate each on a 1–10 scale.

Date	Mood <i>1 low – 10 great</i>	Worry / anxiety <i>1 calm – 10 high</i>	Sleep <i>Hours · rested?</i>	Energy <i>1–10</i>	What's weighing on me	What helped me cope
Example: 6/3	4	7	5 hrs · not rested	3	Waiting on test results	Talked it out with my sister · felt lighter

Coping tools I can reach for

- ☐ Talking it out
 ☐ Time outdoors
- ☐ Affirmations or prayer
 ☐ Rest
- ☐ Meditation or deep breathing
 ☐ Gentle movement
- ☐ Letting myself cry
 ☐ Other: _____

What I want my care team to know about how I'm feeling

You don't have to carry it alone

If you've felt down, hopeless, or on edge most days for two weeks or more, tell your doctor. It's a real part of your care. If you're struggling or having thoughts of harming yourself, **call or text 988** (Suicide & Crisis Lifeline, US), any time. In an emergency, **call 911**.

My Visit Record

Not your symptoms — **the visit itself**. Months from now someone may say “we already checked that.” You'll know exactly what was checked, when, and what they said. That's not being difficult. That's being the only person who's been at every appointment.

Date of visit	Who I saw	What I told them	What they told me	Test run · Result	Plan if it doesn't get better <i>When do I call back?</i>

My questions list — *the ones I keep forgetting once I'm in the room*

Always ask
“What happens if this gets worse — what's the next step, and at what point do I call you back?”