Symptom diary

Name: _____

Health Navigator NEW ZEALAND

You can help your doctor diagnose and treat your condition by preparing some answers to possible questions about your symptoms. Since some symptoms are difficult to describe, it is helpful to write down information about your symptoms as you experience them, such as when they occur and what you did to manage them.

Date and time	What symptom(s) did you experience (eg, shortness of breath, wheezing)?	How long did the symptoms last?	How intense were the symptoms (on a scale of 1–10)? weak strong	What was the trigger for the symptom/s (eg, exercise, stress)?	What did you do to reduce the symptoms?

Notes and questions to ask your doctor