

How to Use the Symptom & Trigger Tracking Form

Tracking your symptoms is one of the most important tools we use to understand what your body is asking for. While it does take some effort, the information you gather is often a **key piece** in identifying patterns, triggers, and supports that guide your care.

Below, you'll find a **fillable symptom and trigger tracking form**, along with a completed example to show you how it can be used.

Step 1: List the Symptoms You're Tracking

At the top of the form, there is a single box labeled **"Symptoms."**

- Write in the symptoms you want to track for the week.
- If the box isn't large enough, choose the **most important or frequent symptoms** for now.
- This form is reusable and editable, so symptoms can be changed or updated over time as we refine what we're tracking.

Once listed, these symptoms populate across each day of the week so you can **circle or mark** them as they occur.

Step 2: Customize Your Triggers and Supports

The rows below are intentionally flexible. You can use them to track:

- Possible **triggers** (foods, stress, poor sleep, overexertion, new medications, exposures, etc.)
- **Relieving or supportive factors** (rest, meditation, exercise, vegetables, hydration, supplements, lifestyle changes)

You can add:

- A **checkmark** if something occurred that day
- **Multiple marks** if it happened more than once (for example, multiple servings of dairy)

Blank spaces simply mean it didn't occur — there is no requirement to fill in every row.

Step 3: Optional Vitals and Observations

If helpful, you can also track:

- Pulse
- Blood pressure
- Stool type
- Notes such as eating out, new foods, unusual stressors, or anything that feels relevant

These sections are optional and meant to support pattern recognition when needed.

How This Helps Us

Over time, this format allows us to see patterns clearly, such as:

- “Every time I have dairy, the next day I’m more bloated, exhausted, and coughing.”
- “When I sleep better or meditate consistently, my symptoms are less intense.”

This kind of real-time data is incredibly useful for guiding next steps.

Important Reminder

The goal of this form is **not perfection** and not filling out every box.

It exists to:

- Give you space to track what matters most right now
- Help us quickly identify meaningful data points
- Be adjusted as we learn more about your body

You may print the form and hand-write entries (many people keep it in the kitchen or a common area), or you may use it as a fillable PDF and circle/check items digitally.

Please refer to the attached example to see how the form can be used in practice.

Symptom Trigger Tracker

	Mon	Tues	Wed	Thus	Fri	Sat	Sun
Symptoms (list all in this one box so can easily circle)	Bloat GERD HA PND Cough Swell PTE Acne Rash Stiff LBP Nerve pain, Blur Vis N+V ABD-P fatig	Bloat GERD HA PND Cough Swell PTE Acne Rash Stiff LBP Nerve pain, Blur Vis N+V ABD-P fatig	Bloat GERD HA PND Cough Swell PTE Acne Rash Stiff LBP Nerve pain, Blur Vis N+V ABD-P fatig	Bloat GERD HA PND Cough Swell PTE Acne Rash Stiff LBP Nerve pain, Blur Vis N+V ABD-P fatig	Bloat GERD HA PND Cough Swell PTE Acne Rash Stiff LBP Nerve pain, Blur Vis N+V ABD-P fatig	Bloat GERD HA PND Cough Swell PTE Acne Rash Stiff LBP Nerve pain, Blur Vis N+V ABD-P fatig	Bloat GERD HA PND Cough Swell PTE Acne Rash Stiff LBP Nerve pain, Blur Vis N+V ABD-P fatig
Stress	III			I		iii	
Dairy	III	III				III	
Less Sleep	I	I	I	I	I	I	I
New Med / Supp							
Overdoing it		I	I	III			
Nightshades			I	III		I	
Exercise							
More Sleep							
More Veggies	I		II	I		I	I
Higher Fiber			II	I			
Fun Activities							
Mediation	I	I	I	I	I	I	I
Gluten Free	I				I	I	I
Pulse	87	96	88	64	68	94	88
Blood pressure	160/90	174/95	145/92	135/68	136/86	168/94	144/90
Stool Type	1	3	0	1	5,6,7	3	0
Ate out? New Food?	Bad day at work	had pizza 2 days in a row	unusually exhausted today			hard day, got pizza again!	

Symptom Trigger Tracker

	Mon	Tues	Wed	Thus	Fri	Sat	Sun
Symptoms (list all in this one box so can easily circle)							
Pulse							
Blood pressure							
Stool Type							
Ate out? New Food? Other potential issues? Notes							