

How to keep a symptom calendar

A symptom calendar can be very helpful when trying to figure out an ongoing or complex problem, or track symptoms & response to treatment.

Use the blank calendar sheets to create either a daily calendar or if needed divide it into morning and evening squares, so you'll end up with either a month or two weeks of squares.

Write a symbol key for yourself on the top. You'll need a few for shorthand, and they'll depend on what you're tracking.

Cough example: C = cold symptoms, N = night cough, E = cough with exercise, I = inhaler used, A = cold air cough. You might use some or all of these, or add other specifics like V = vomiting, W = wheezing.

Poop example: Use the numbers from the 'Choose you poo' handout and write the number that matches on the calendar every time it happens, so some days might have no numbers and others might have several. Add T = tummy ache, A = accident, B = blood or whatever other symptoms are important in your case.

Symptom calendars for different kids and different problems will be unique, and **the goal is information not perfection**. It's important to figure out something that works for your family, because if you don't do it then we don't have ANY information to work with. This includes adding notes after the fact if you've forgotten to note them before, and its ok if they're good guesses. For example: I just realized that we all had colds about 3 weeks ago and I heard coughing at night most nights but I'm not exactly sure what. I can just mark my 'cold' symbol for a few days about 3 weeks ago, and 'night cough' symbol on most nights since, & that's close enough.

Asthma/cough example: Note lack of dates & new item added when the existing key didn't cover everything, which is fine. The data is still helpful!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		R	N + day cough R	day cough R	D N A E R	D N E A R
D N E A R C	D N E A C	D N E A C	D N E A	D N E A	N E A	N E C A
N E A	N E C A	N E A	N E A	N E A	N	
					R	R D N