Symptom diary: chronic illness

A free printable diary for POTS, ME/CFS, long covid, migraine and other long-term conditions.

How to use it (1 minute a day)

1. Write the date and your worst symptoms, with a score from 0 (none) to 10 (worst).
2. Note when it happened and what helped.
3. The night before your appointment, circle your three worst symptoms.
4. Copy them on the summary page and bring it with you.

Report right away anything your care team told you to report right away. Do not wait for the diary or your next visit.

Free template by Mima, mima.health. For information only, not medical advice. Use the number your care team gave you for anything urgent.

Week 1

Date	Top 3 symptoms (0-10)	Activity or trigger	What helped	Notes

Score 0 to 10. Add a star when something is new or lasts longer than expected.

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Week 2

Date	Top 3 symptoms (0-10)	Activity or trigger	What helped	Notes

Score 0 to 10. Add a star when something is new or lasts longer than expected.

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Week 3

Date	Top 3 symptoms (0-10)	Activity or trigger	What helped	Notes

Score 0 to 10. Add a star when something is new or lasts longer than expected.

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Week 4

Date	Top 3 symptoms (0-10)	Activity or trigger	What helped	Notes

Score 0 to 10. Add a star when something is new or lasts longer than expected.

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Summary for my appointment

My three worst symptoms since last time

1. _____ since _____ score ___/10

2. _____ since _____ score ___/10

3. _____ since _____ score ___/10

What changed

What helped, and what did not

My questions

1.

2.

3.

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