DOSLEY

Symptoms and notes journal

Blank personal record

Write down what you noticed, in your own words, with when it started and how long it lasted. Add context only if it helps you remember.

This sheet records what already happened. It does not set a dose, schedule or target.

Name or initials, optional _____ Period covered _____

Date / time	What I noticed in my own words	When it started / how long	Context, optional e.g. meals, sleep, activity	Notes

Questions for an appointment

Questions about anything you noted go to your own healthcare professional. This journal does not assess symptoms.

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