DOSLEY

Symptoms and notes journal

Filled example - fictional records

Fictional entries show how the fields work. They are not examples of what to expect.

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
04 Sep 2026 13:30	Felt a bit queasy after lunch	Around 13:00, about an hour	Bigger lunch than usual	
06 Sep 2026 21:45	Tired all evening	Most of the evening	Short sleep the night before	
09 Sep 2026 08:00	Small red spot where I injected yesterday	Noticed this morning	Injected 8 Sep, left thigh	Took a photo for my own record

Questions for an appointment

Which of these notes would be useful to talk about at my next appointment?

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