



## Chronic Illness Daily Tracker: 12 Week Symptom Activity Tracker - Purple Green Chevron (Paperback)

By Katie Carone

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Anyone with chronic illness knows how the days and weeks can blend together. Tracking symptoms and routines is a good way to identify patterns, pinpoint triggers, and monitor goals. This daily journal is conveniently formatted to help you to track: - Symptoms - Sleep - Daily Activities - Exercise - Medication - Food Intake - Hydration - Heart Rate - Oxygen Saturation - Blood Pressure - Weather - And more In addition, you can journal positives outcomes, frustrations, and observations, as well as tracking daily and weekly goals. This log includes daily pages for 12 weeks. Space to record contact information, medication lists, medical history, doctor appointments, and additional journaling is also provided.

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