

This is a symptom journal, a place to record time, frequency of symptoms, such as migraines, back pain, allergies etc... This book is designed for patients to keep note of changes in the environment and other factors during an episode of asthma, migraine, etc... Often keeping a journal will help us recognize things that trigger our attacks. Once we recognize them we are able to decrease frequency. Answer honestly; this will be the only way to recognize precipitating factors

- Asthma/ shortness of breath
- Fatigue
- Headaches/ Migraine
- Pain
- Stomach indigestion, bloating ,

At the end of each section there is a summary of the exposures and triggers you may have checked off. There will be tips on how to decrease frequency of symptoms.

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