

The 7-Day Symptom & Energy Tracker

One page, one week, two minutes a night. Not a diary and not a diagnosis — just enough written down that the pattern stops hiding behind the worst day.

DAY	SLEEP hours	ENERGY 1-5	MOOD 1-5	HOW I FELT	WHAT HELPED
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

THIS WEEK I'M KEEPING AN EYE ON

PATTERNS I NOTICED READING THE WEEK ACROSS

Read the week, not the day. One rough Tuesday is weather. The same rough Tuesday three weeks running is a pattern — and that is the thing worth mentioning to your doctor. Fill it in on the flat days too; that is where the information is.