💜 MILEAN'S TEEN MEDICAL ADVOCACY TOOLKIT

MY SYMPTOM TRACKER

Name: _____

Date: _____

Doctor: _____

⭐ MY BIGGEST SYMPTOMS

Symptom 1

What am I feeling?

How often does it happen? □ Every day□ A few times a week□ Sometimes□ Only during a flare

When does it usually happen? □ Morning□ Afternoon□ Evening□ Night□ Randomly

How bad is it? □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10

What makes it worse?

What helps?

How does it affect my life? □ School □ Sports □ Sleep □ Friends □ Activities □ Other: _____

Symptom 2

What am I feeling?

How often does it happen? □ Every day□ A few times a week□ Sometimes□ Only during a flare

When does it usually happen? □ Morning□ Afternoon□ Evening⊠ Night□ Randomly

How bad is it? □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10

What makes it worse?

What helps?

How does it affect my life? □ School □ Sports □ Sleep □ Friends □ Activities □ Other: _____

Symptom 3

What am I feeling?

How often does it happen? □ Every day□ A few times a week□ Sometimes□ Only during a flare

When does it usually happen? □ Morning□ Afternoon□ Evening□ Night□ Randomly

How bad is it? □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10

What makes it worse?

What helps?

How does it affect my life? □ School □ Sports □ Sleep □ Friends □ Activities □ Other: _____

🚩 THINGS MY DOCTOR SHOULD KNOW

- □ **I've missed school because of my symptoms.**
- □ **I've had to stop activities I enjoy.**
- □ **My symptoms are getting worse.**
- □ **I have trouble sleeping.**
- □ **I feel tired most days.**
- □ **I've gone to the ER or Urgent Care.**
- □ **My symptoms make everyday tasks harder.**
- □ **My symptoms affect my mood or mental health.**

❓ QUESTIONS I WANT TO ASK

- □ **What could be causing this?**
- □ **Is this related to one of my diagnoses?**
- □ **Do I need more testing?**
- □ **What can help me feel better?**

B.P.O.T.S

Be Part of the Solution

☐ **What should I do if symptoms get worse?**

☐ **When should I come back?**

My Questions:



💜 **MILEAN'S TEEN TIP**

Write symptoms down when they happen, not just before your appointment. Little details can help doctors understand the bigger picture.

Remember: Your voice matters. It's okay to ask questions, speak up, and be part of your healthcare team. 💜