

For: _____

Date of birth: _____

How to use this page: one row per thing you notice, dated, in plain words. Patterns show up on paper that nobody can see from memory. Bring this log and the current medication list to the next visit; specific beats vague every time.

OBSERVATIONS

DATE & TIME	WHAT YOU NOTICED plain words; describe, don't diagnose	THE DETAILS how long · how often · better or worse with · what was tried · vitals or photo
7/12, 8:15 am	Dizzy when standing up, steadied herself on the counter	About 20 min · every morning since 7/12 · worse right after breakfast, better sitting down · sat down, water, rested · BP 112/68 at 8:30 am

BEFORE THE VISIT: TURN THE LOG INTO A TWO-MINUTE STORY

The headline (the one thing to say first): _____

When it started, and what has changed since: _____

The question we most want answered: _____