

Timeline and Symptom Worksheets



Pictal Health

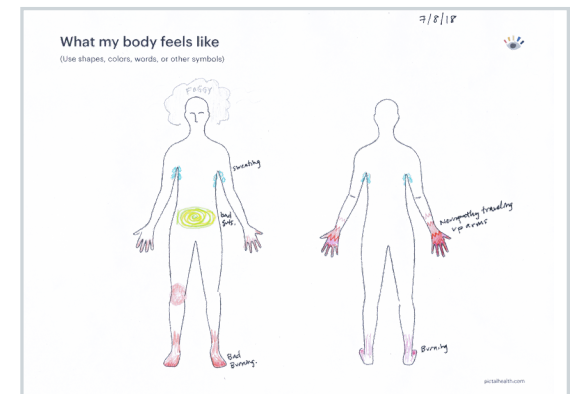
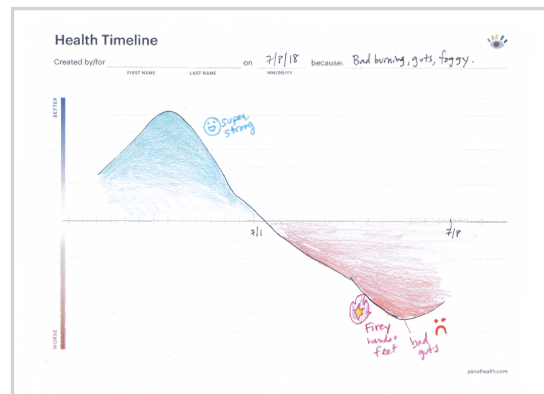
Tips

We hope these worksheets help you understand your health story better and communicate with your doctor. Keep in mind:

- **There is no right or wrong way to do this!**
Get creative. Your story is unique and will look different from anyone else's.
- **Invite a family member** or friend to give input.
- **Keep track of your questions and notes.**
What do you want to remember to say at your next appointment?

Example

Here is an example to get you started:



Need more help? We are available to help you sort through and visualize your whole health story. Learn more at pictalhealth.com.

Health Timeline



Tip: label the horizontal line so the time period is clear.

Created by/for _____ on _____

FIRST NAME

LAST NAME

MM/DD/YY

BETTER

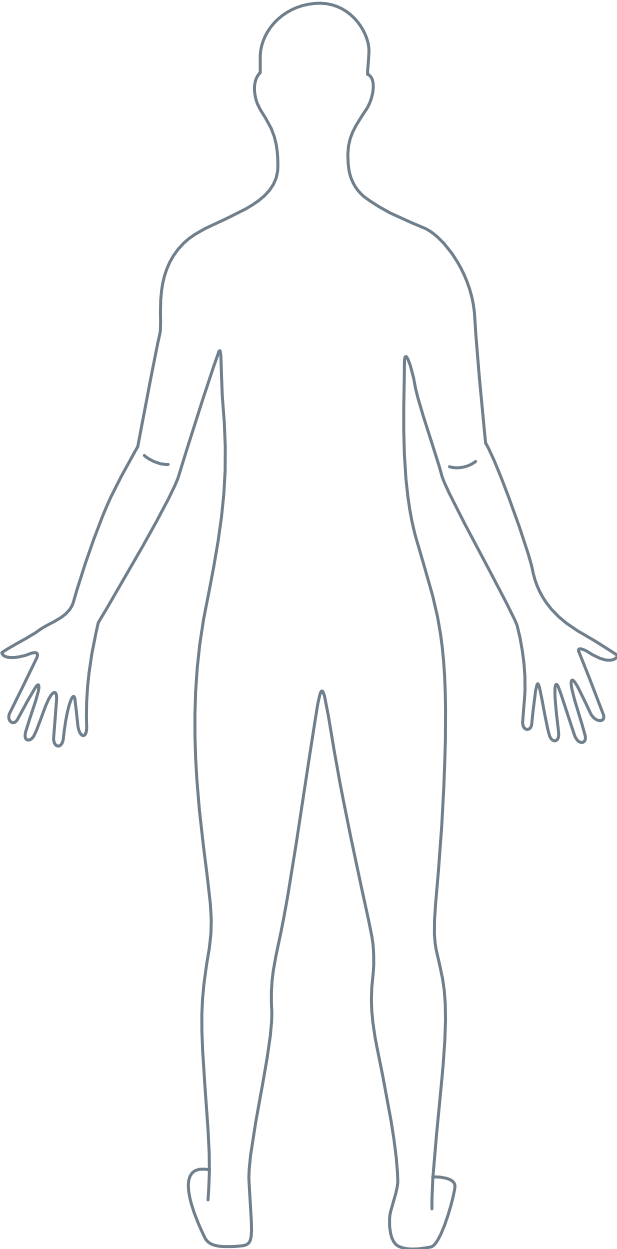
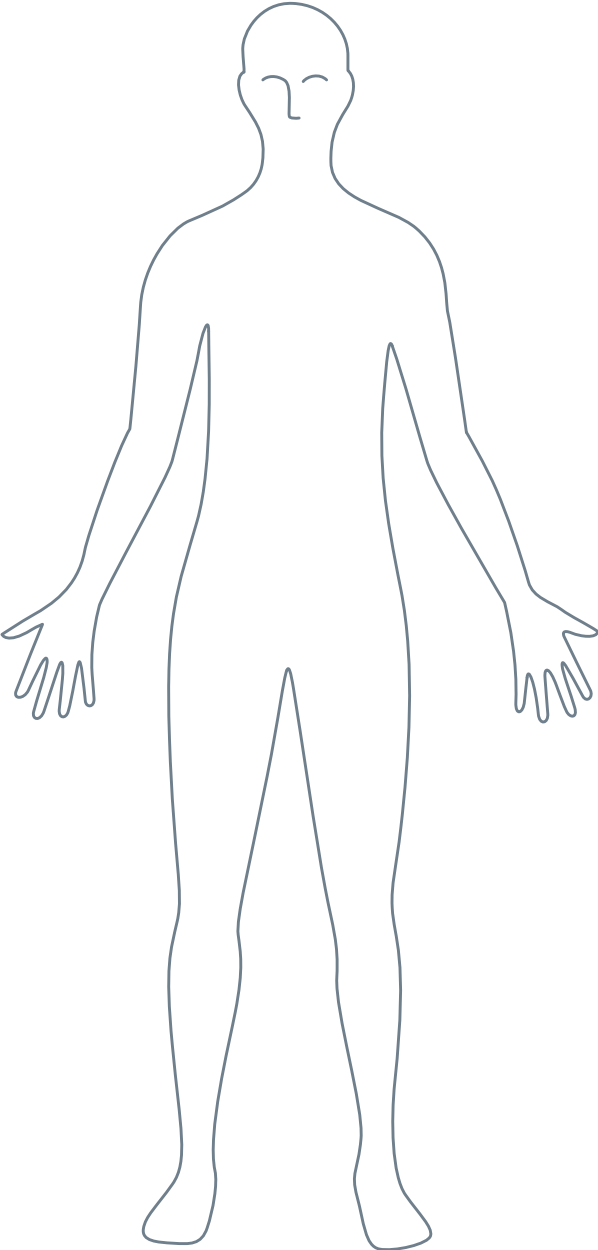
WORSE

A vertical color gradient bar on the left side of the page, transitioning from blue at the top (labeled 'BETTER') to red at the bottom (labeled 'WORSE').
A horizontal timeline with 20 tick marks, evenly spaced across the width of the page. The tick marks are vertical lines extending from a central horizontal axis.
A grid of horizontal lines for plotting health data. There are 10 horizontal lines above the timeline and 10 horizontal lines below the timeline, creating a total of 20 horizontal slots for data entry.

Symptoms — what my body feels like



Use shapes, colors, words, or other symbols.



Some shapes that may help



Feel free to cut and tape them or use them for inspiration.

