

When a symptom shows up — reach for a pen before you reach for a remedy. One entry. One symptom. One week at a time.

DATE	THE SYMPTOM	WHAT WAS HAPPENING (24 HRS BEFORE)	WHAT MY BODY MIGHT BE SAYING
● Monday Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
● Tuesday Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
● Wednesday Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
● Thursday Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
● Friday Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
● Saturday Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
● Sunday Date: _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____

PATTERNS I'M NOTICING THIS MONTH:

You're not breaking down. You're breaking through.