The Health Institute

Your symptoms, clearly.

A 7-day tracker & appointment preparation guide

Notice your days. Prepare your questions.

A workbook for you

Start with what you notice.

If you feel unwell despite being told your labs are normal, it can be hard to explain what is different. This guide gives you a place to record your experience and prepare for a conversation with a qualified clinician.

A lab result is one part of the picture. Notes can add context; they cannot tell you what is causing a symptom.

1. **Choose a few things to follow.** Start with two or three symptoms that matter most to you. Record what they feel like, when they happen, how long they last, and what they interrupt.
2. **Spend a few minutes each day.** Add sleep, energy, meals, stress, and any questions. Keep your usual routine. Short notes and approximate times are enough; leave gaps when you do not know.
3. **Bring the useful parts.** After seven days, use page 9 to summarize your priorities. Choose questions from page 10 and take the workbook to your appointment. A missed day is okay; continue when you can.

What I want to notice this week

Keep it yours. Print this guide or annotate a saved PDF in an app you trust. There are no entry fields on the website. Share completed pages only with people you choose.

Use alongside care. This is educational, not diagnostic. Do not change medication based on these notes. Seek prompt help for sudden or severe symptoms; do not wait to finish the week. This preview has not been clinically reviewed.

Day 1 / A little noticing.

Date:

Use your own words; brief notes and an incomplete record are welcome.

Keep it specific. For example: “Foggy around 2 pm; reread the same email for 20 minutes.” This is an illustrative example, not an expected symptom.

What I felt & when

Symptom • time • how long • what it made harder or interrupted

Sleep & waking

Bedtime / wake time • awakenings • how rested I felt

Energy & focus

Morning / afternoon / evening • a specific example

Meals, drinks & timing

Brief notes • approximate times • caffeine or alcohol, if any

Stress & daily context

What was happening • movement, rest, travel, or illness

Other changes, if relevant

Cycle or bleeding changes • heat / night sweats • anything new

What I want to remember or ask

A question, unexpected change, or detail to discuss

Record observations without assigning a cause. Do not change medicines to test a pattern. If symptoms are concerning, contact a qualified clinician before the week is over.

Day 2 / A little noticing.

Date:

Use your own words; brief notes and an incomplete record are welcome.

Include an ordinary day. If a symptom does not happen today, note that too. You do not need to find a pattern.

What I felt & when

Symptom • time • how long • what it made harder or interrupted

Sleep & waking

Bedtime / wake time • awakenings • how rested I felt

Energy & focus

Morning / afternoon / evening • a specific example

Meals, drinks & timing

Brief notes • approximate times • caffeine or alcohol, if any

Stress & daily context

What was happening • movement, rest, travel, or illness

Other changes, if relevant

Cycle or bleeding changes • heat / night sweats • anything new

What I want to remember or ask

A question, unexpected change, or detail to discuss

Record observations without assigning a cause. Do not change medicines to test a pattern. If symptoms are concerning, contact a qualified clinician before the week is over.

Day 3 / A little noticing.

Date:

Use your own words; brief notes and an incomplete record are welcome.

Describe what it interrupts. Was it harder to work, walk, cook, sleep, or enjoy time with someone? A concrete example can help.

What I felt & when

Symptom • time • how long • what it made harder or interrupted

Sleep & waking

Bedtime / wake time • awakenings • how rested I felt

Energy & focus

Morning / afternoon / evening • a specific example

Meals, drinks & timing

Brief notes • approximate times • caffeine or alcohol, if any

Stress & daily context

What was happening • movement, rest, travel, or illness

Other changes, if relevant

Cycle or bleeding changes • heat / night sweats • anything new

What I want to remember or ask

A question, unexpected change, or detail to discuss

Record observations without assigning a cause. Do not change medicines to test a pattern. If symptoms are concerning, contact a qualified clinician before the week is over.

Day 4 / A little noticing.

Date:

Use your own words; brief notes and an incomplete record are welcome.

Leave room for uncertainty. Use “around,” “maybe,” or “not sure” when needed. Avoid turning a guess into a fact.

What I felt & when

Symptom • time • how long • what it made harder or interrupted

Sleep & waking

Bedtime / wake time • awakenings • how rested I felt

Energy & focus

Morning / afternoon / evening • a specific example

Meals, drinks & timing

Brief notes • approximate times • caffeine or alcohol, if any

Stress & daily context

What was happening • movement, rest, travel, or illness

Other changes, if relevant

Cycle or bleeding changes • heat / night sweats • anything new

What I want to remember or ask

A question, unexpected change, or detail to discuss

Record observations without assigning a cause. Do not change medicines to test a pattern. If symptoms are concerning, contact a qualified clinician before the week is over.

Day 5 / A little noticing.

Date:

Use your own words; brief notes and an incomplete record are welcome.

Context is not a conclusion. Two things happening together does not show that one caused the other. Save that as a question.

What I felt & when

Symptom • time • how long • what it made harder or interrupted

Sleep & waking

Bedtime / wake time • awakenings • how rested I felt

Energy & focus

Morning / afternoon / evening • a specific example

Meals, drinks & timing

Brief notes • approximate times • caffeine or alcohol, if any

Stress & daily context

What was happening • movement, rest, travel, or illness

Other changes, if relevant

Cycle or bleeding changes • heat / night sweats • anything new

What I want to remember or ask

A question, unexpected change, or detail to discuss

Record observations without assigning a cause. Do not change medicines to test a pattern. If symptoms are concerning, contact a qualified clinician before the week is over.

Day 6 / A little noticing.

Date:

Use your own words; brief notes and an incomplete record are welcome.

Capture a question in the moment. If you catch yourself wondering about something, add it below while it is fresh.

What I felt & when

Symptom • time • how long • what it made harder or interrupted

Sleep & waking

Bedtime / wake time • awakenings • how rested I felt

Energy & focus

Morning / afternoon / evening • a specific example

Meals, drinks & timing

Brief notes • approximate times • caffeine or alcohol, if any

Stress & daily context

What was happening • movement, rest, travel, or illness

Other changes, if relevant

Cycle or bleeding changes • heat / night sweats • anything new

What I want to remember or ask

A question, unexpected change, or detail to discuss

Record observations without assigning a cause. Do not change medicines to test a pattern. If symptoms are concerning, contact a qualified clinician before the week is over.

Day 7 / A little noticing.

Date:

Use your own words; brief notes and an incomplete record are welcome.

A week is a starting point. Do not force a pattern from seven days. Bring changes, repeated details, and gaps to your clinician.

What I felt & when

Symptom • time • how long • what it made harder or interrupted

Sleep & waking

Bedtime / wake time • awakenings • how rested I felt

Energy & focus

Morning / afternoon / evening • a specific example

Meals, drinks & timing

Brief notes • approximate times • caffeine or alcohol, if any

Stress & daily context

What was happening • movement, rest, travel, or illness

Other changes, if relevant

Cycle or bleeding changes • heat / night sweats • anything new

What I want to remember or ask

A question, unexpected change, or detail to discuss

Record observations without assigning a cause. Do not change medicines to test a pattern. If symptoms are concerning, contact a qualified clinician before the week is over.

Bring a clearer picture.

Use your daily pages to choose the details you most want to discuss. Bring this summary even if the week is incomplete.

Appointment: _____ **Clinician:** _____

My main concern, in my own words

"The change I most want help with is… It has made it harder to…"

When it began & how it has changed

Approximate onset • recurring or ongoing • better, worse, or different from before

Two examples from my week

Include timing, duration, and impact. Add one thing you are uncertain about.

My priorities for this visit

What I hope we can understand or decide • the question I do not want to forget

What to bring, if available

- ☐ Lab reports: dates, units, and reference ranges
- ☐ Current medicines and supplements, with doses
- ☐ Relevant history, including recent changes
- ☐ This tracker and any previous visit notes

Before I leave: the agreed next step

Plan • who to contact if things change • follow-up date • how results will be shared

You do not need to order new tests for this worksheet. Ask the clinician to explain what any existing results do and do not tell you.

Make room for a conversation.

Choose two or three questions that fit your situation. A qualified clinician can consider your notes alongside your history, examination, and any test results.

1. What do my “normal” results tell us, and what questions about my symptoms remain unanswered?
2. Could changes in my sleep, medicines, life circumstances, or the menopause transition be relevant? What other explanations should we consider?
3. Would further evaluation be useful? What would it help us understand, and how might it change the plan?
4. Which symptoms or changes should prompt me to contact you sooner, and which need urgent care?
5. What would you like me to keep noticing, and for how long? When should we follow up?
6. Can we write down the next step together, including who will contact me about any results?

My question, in my own words

Something important that the prompts above did not cover

If you want to explore more.

The Health Institute, founded by Dr. Josh Axe, a Doctor of Chiropractic, offers health education and programs involving nutrition, lifestyle, coaching, and community.

Its Cellular Health Analysis is a separate service with a 60-minute Zoom consultation with a Senior Health Advisor. Bloodwork is not included in that offer. Visit the official page for current pricing, eligibility, and terms.

An advisor consultation does not replace medical evaluation. You can use this entire workbook without booking a service.

thehealthinstitute.com/products/cellular-health-analysis

Brand and service sources, accessed September 16, 2026:
thehealthinstitute.com/pages/our-team · thehealthinstitute.com/pages/about
Consultation details: official service page linked above. Prompts are original educational content.