

Symptom TRACKER

Use this log for 7 days to document patterns.

Take it to your appointment to show your doctor that your symptoms are persistent and functional.

SYMPTOM

DAY	# OF BATHROOM TRIPS	BLOOD OR MUCUS ? (Y/N)	URGENCY LEVEL (1-10)	PAIN LEVEL (1-10)
1				
2				
3				
4				
5				
6				
7				

Red Flags to Mention Immediately

Make sure to highlight these three things, as they often trigger "medical necessity" for insurance:

- Nocturnal Symptoms: "My symptoms are waking me up in the middle of the night."
- Visible Blood: "I am seeing blood or mucus consistently."
- Weight Loss: "I have lost [Number] pounds without trying."