

Symptom–Pattern Cheat Sheet

How to read your own 90 days at a glance — so the pages you filled in turn into two clear sentences for your next appointment.

Trend, or flare?

- A trend is the same symptom drifting up or down across three or more weekly pages. Look at your monthly check-in totals side by side — that’s the trend line.
- A flare is a short spike that settles back to your usual line within about a week. Circle it and note the date — flares are worth mentioning, but they’re not the headline.
- Either way, write the date range in the margin. “Worse since March” lands better than “worse lately.”

Columns worth comparing

- Sleep hours vs. the next day’s scores — lay a finger on the sleep row, then look one column to the right.
- Caffeine and alcohol days vs. the hot-flash and night-sweat rows for the same days.
- Your stress rating vs. the mood, irritability, and brain-fog rows in the same week.
- The same weekday across several weeks — some patterns live in your schedule, not your body.

Say a month in two sentences

Practice rolling a whole month into the two sentences a busy clinician can act on:

“Compared with my baseline, my top three symptoms were ..., and my total moved from ... to”

“The clearest pattern I noticed was ... (for example: worse after short sleep).”

Before the appointment

- Bring the book (or the Doctor-Visit Summary sheet) — lead with your top two or three symptoms, not the whole list.
- Say how they affect work, sleep, and daily life; note what you’ve tried and whether it helped.
- Ask your questions directly — and if you don’t get a clear answer, it’s okay to ask for a referral.