Month of _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Notes:

Recommended Use

These tools are created to help you, so use them as you see fit. Here are a few ideas on how you can use this tool.

Calendar:
- Fill out the circles with the dates associated with the Month you're documenting
- Create a symbol/color legend that dictates the severity of your flare or symptom
- Create a symbol/color legend that dictates any environmental factors that may affect your well-being (ex: weather, increased activity, poor sleep, etc)
- Indicate any treatment/medication changes
- Indicate menstrual cycles
- Record your mental health

Notes:
- Which days were the hardest for you?
- What symptoms are better?
- Which symptoms are worse?
- Are there any new symptoms or side effects?
- What lifestyle factors (sleep, stress, food) may have played a role?
- What symptoms are most bothersome to you?
- After reviewing your month, what is a goal you have? (Ex: getting more sleep, being in less pain, increased energy levels)

Suggestions? Reach out to us at w3llmatrix@gmail.com or submit a form on our website!