

Follow-Up Tracker

Bring this completed form to every follow-up visit. It helps your doctor quickly see what has changed, what's working, and what needs attention. You can also leave a copy with the office if you'd like them to reference it between visits.

Current Symptoms

Record any symptoms you've had since your last visit, noting their severity (mild, moderate, severe), how often they occur, and any patterns, triggers, or additional details you've observed.

[illegible]

Changes Since Last Visit

- New symptoms:

- Symptoms improved:

- Symptoms worsened:

- Changes in lifestyle, diet, or exercise:

- Other:

Medication & Treatment Updates

List any medications, supplements, or treatments you've started, stopped, or changed since your last visit.

Medication / Treatment	Dose / Frequency	Start / Stop Date	Notes / Effects

Other Notes

Anything else you want your doctor to know: