

# 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.*

## Changes Since Last Visit

- New symptoms:

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- Symptoms improved:

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- Symptoms worsened:

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- Changes in lifestyle, diet, or exercise:

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- Other:

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## 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:*