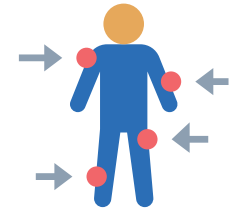




Symptom and Medical History Timeline

Sharing a timeline of when your symptoms started, how they have changed over time, and how they have responded to treatment can be very helpful for your health care professional. Use this timeline to fill in when symptoms started, what clinicians you have seen, and what treatments you have taken. You can add in your opinions, too, such as if a particular clinician was helpful or if a medication worked but had side effects that you did not like. Below is an example, with the second page blank for you to fill in and share with your health care professional.



Symptom and Medical History Timeline

Patient Name: _____ **Date:** _____











| | |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2004 | Had mono in college, took 6 months to feel mostly better. |
| 2013 | Had first child, no problems. |
| 2015 | Had second child, some postpartum depression that improved. |
| 2016 | Vacation to Minnesota, multiple tick bites. |
| 2018 | Fatigue, brain fog. |
| 2019 | Saw PCP, CT head done and negative. Work-up for lupus negative. |
| 2021 | Got COVID vaccine, mild fevers. |
| 2022 | Got COVID, some fevers, fatigue. Fatigue was worse than before and didn't go away. |
| 2023 | Telehealth with doctor, started antibiotics for 30 days for Lyme, mild improvement. Tried another 30 days, no improvement. Got IV vitamin infusions for 3 months, no improvement. |
| 2024 | Doctor recommended more infusions, too expensive. |





Symptom and Medical History Timeline

Patient Name: _____ Date: _____

| | |
|------------------------------------------------------------------------------------|--|
|  | |
|  | |
|  | |
|  | |
|  | |
|  | |
|  | |
|  | |
|  | |
|  | |

