

Acupuncture by Dr. Christina Fick, L.Ac.

**Symptoms tracker log**

By tracking your symptoms honestly, it is easier for your Acupuncture Physician to track and accurately treat your symptoms and the root cause. No one treatment is the same, no person develops their disease the same. You as the patient, knows your body the best. The better you can communicate your symptoms, the easier it will become to treat them, find triggers, and develop solutions. This is best to do in the beginning of starting acupuncture treatment sessions.

Checkmark or "X" the appropriate box

<b>12 hours after 1st Acupuncture Treatment</b>	Better	Worse	The Same
Symptom 1:			
Symptom 2:			
Symptom 3:			

<b>1 day after 1st Acupuncture Treatment</b>	Better	Worse	The Same
Symptom 1:			
Symptom 2:			
Symptom 3:			

<b>3-5 days after 1st Acupuncture Treatment</b>	Better	Worse	The Same
Symptom 1:			
Symptom 2:			
Symptom 3:			

Notes:

---

---

---

---

---

See backside

<b>12 hours after 2nd Acupuncture Treatment</b>	Better	Worse	The Same
Symptom 1:			
Symptom 2:			
Symptom 3:			

<b>1-3 days after 2nd Acupuncture Treatment</b>	Better	Worse	The Same
Symptom 1:			
Symptom 2:			
Symptom 3:			

<b>4-5 days after 2nd Acupuncture Treatment</b>	Better	Worse	The Same
Symptom 1:			
Symptom 2:			
Symptom 3:			

Notes:

---



---



---

<b>1 day after 3rd Acupuncture Treatment</b>	Better	Worse	The Same
Symptom 1:			
Symptom 2:			
Symptom 3:			

<b>4-5 days after 3rd Acupuncture Treatment</b>	Better	Worse	The Same
Symptom 1:			
Symptom 2:			
Symptom 3:			

Notes:

---