

**NEWPORT PAGNELL MEDICAL CENTRE and NPMC@WILLEN**

**Symptom Tracker**

It may sometimes be difficult to remember all dates/details of a recurring health problem when discussing with a clinician. Completing this Symptom Tracker may help you give accurate information about how often the problem has occurred and details of each event, which may then help to ensure you are receiving the correct treatment. It may also be used to indicate possible triggers that cause your symptoms to occur, such as change of medication etc.

If you wish to use this form please complete and have it with you for your next appointment.

Please DO NOT send the form to NPMC or leave at Reception, this form is for the patient only to act as a reminder when coming in for an appointment.

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| **Date** | **Duration** | **Explain what happened** |
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