

CONTEXT, NOT PANIC

A side-effect log

One rough day stays one rough day. I note what happened, what I ate, and how I slept – then I let the week tell me what it means.

DOSE _____ WEEK OF _____ STARTED ON _____

HOW I RATE SEVERITY Three steps, not ten.

LOW Noticeable, but the day still works.

MED Enough to cancel one optional thing.

HIGH The day changes shape.

DATE · TIME _____ ☐ LOW ☐ MED ☐ HIGH

WHAT HAPPENED _____

FOOD · DRINK · DOSE
TIMING _____

SLEEP · STRESS ·
NOTES _____

DATE · TIME _____ ☐ LOW ☐ MED ☐ HIGH

WHAT HAPPENED _____

FOOD · DRINK · DOSE
TIMING _____

SLEEP · STRESS ·
NOTES _____

DATE · TIME _____ ☐ LOW ☐ MED ☐ HIGH

WHAT HAPPENED _____

FOOD · DRINK · DOSE
TIMING _____

SLEEP · STRESS ·
NOTES _____

A SIDE-EFFECT LOG — CONTINUED

What the week is telling me

SECTION A

What I noticed this week

Patterns first — one thing that surprised me, one that didn't. Sentences, not a list.

SECTION B

Anchors that helped

The habits that kept things steady. Check the ones that earned their place this week.

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|--|---|
| ☐ Salt and water in the morning | ☐ Protein within an hour of waking |
| ☐ A walk on the rough days | ☐ An earlier, lighter dinner |
| ☐ Same bedtime two nights running | ☐ One quiet meal at home |

SECTION C

Worth mentioning at the next check-in

A few short lines, not a complaint list — the version of the week I'd want to bring to a clinician.
