# Symptom Diary

Log symptoms, severity, possible triggers, actions taken, and notes.

| Date | Symptoms | Severity (1-10) | Triggers | Actions | Notes |
|---|---|---|---|---|---|
| | | 1 2 3 4 5 6 7 8 9 10 | | | |
| | | 1 2 3 4 5 6 7 8 9 10 | | | |
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