

Symptom Journal

Record Your Symptoms

Hypothyroidism can be more than just your TSH (thyroid stimulating hormone) number. It's bigger than just a blood test. It's also about your symptoms. That's why it's important to tell the doctor about how you're feeling.

Listen to your body. If something doesn't feel right, be sure to record any symptoms you might be experiencing and discuss with your doctor at your next scheduled visit.

How I'm feeling		Points to discuss with my doctor:
Date: ___ / ___ / ___	_____	_____
Time: _____ am pm	_____	_____
TSH level: _____	_____	_____
Other test results: _____	_____	_____
_____	Thyroid medication: _____ Dose: _____	_____

How I'm feeling		Points to discuss with my doctor:
Date: ___ / ___ / ___	_____	_____
Time: _____ am pm	_____	_____
TSH level: _____	_____	_____
Other test results: _____	_____	_____
_____	Thyroid medication: _____ Dose: _____	_____

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Other test results: _____	_____	_____
_____	Thyroid medication: _____ Dose: _____	_____