

HOW I'VE BEEN DOING: a timeline for _____ created on _____ because _____

first name

last name

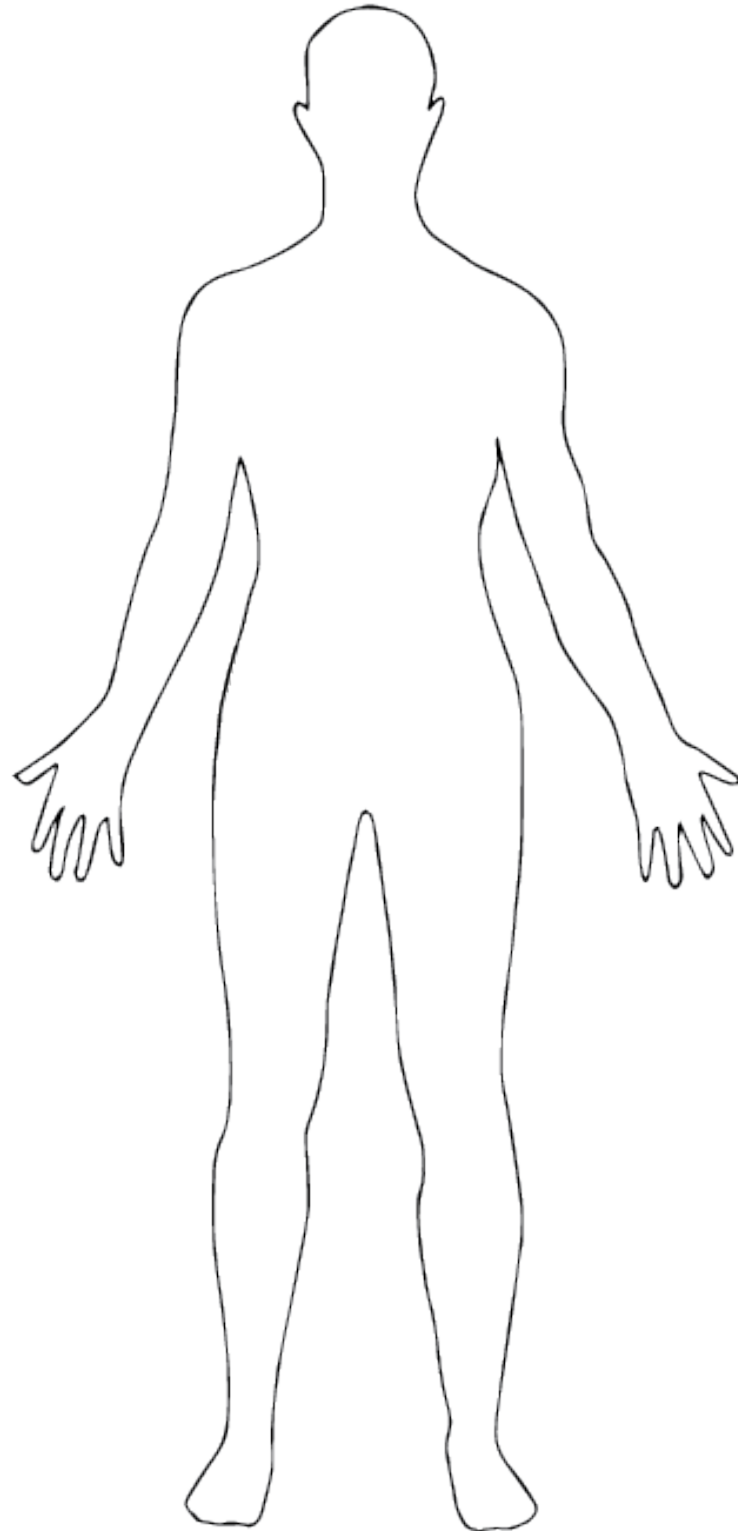
mm/dd/yy

better

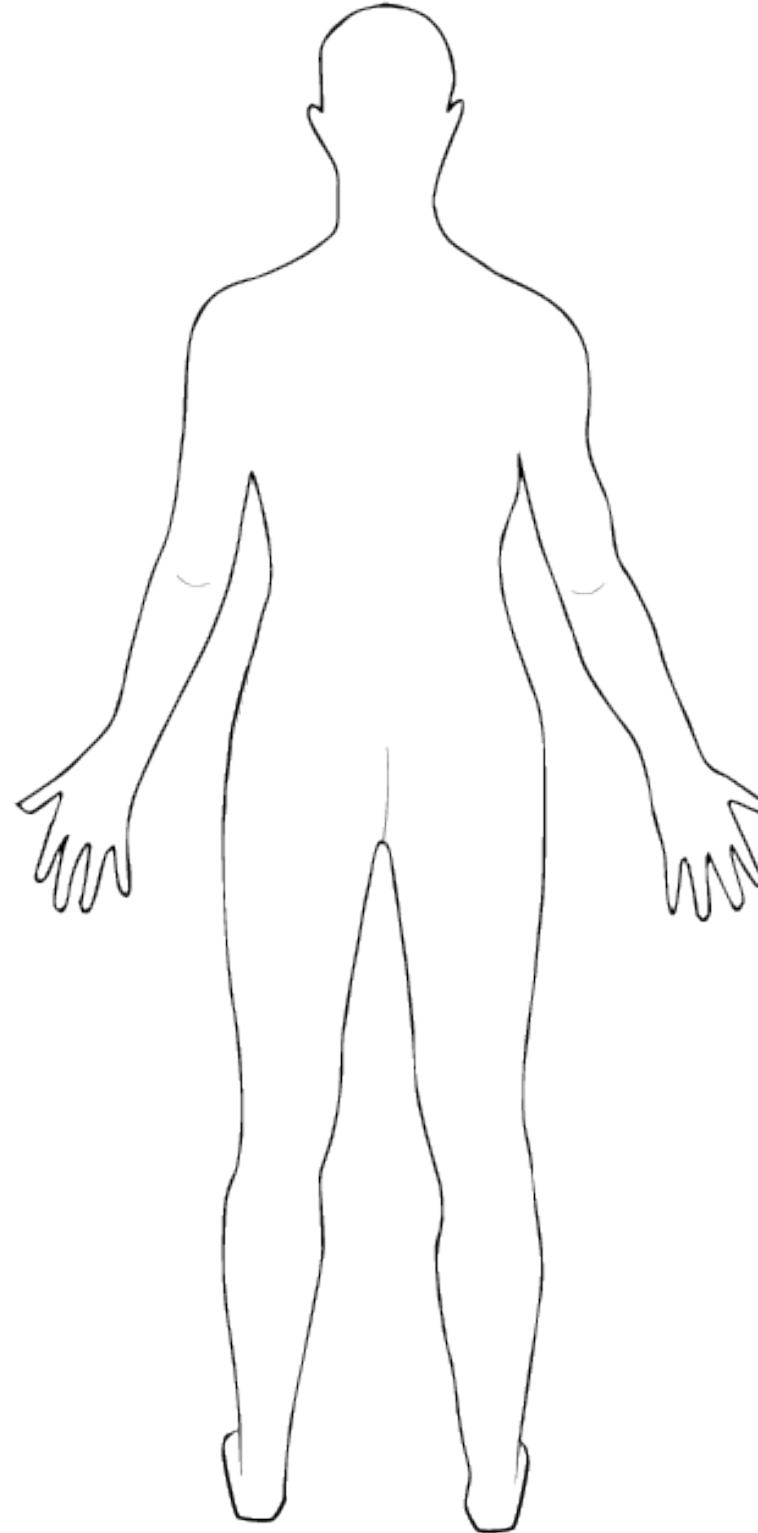
worse

WHAT MY BODY FEELS LIKE

Front



Back



TIPS

- Label your time units (on the horizontal x-axis) on the timeline
- Invite a caregiver or partner to help you complete this worksheet
- Use different colors and shapes for different symptoms or issues

NOTES

What did you learn? What questions do you have?

What do you want to remember to say?