



Track you child's symptoms and monitor their progress



Use this simple tracker to log symptoms and bring it along to your next appointment so you can discuss your child's progress with their HCP. You can also add any notes at the end of the booklet if necessary.



If your child is able to do so ask them to record their feelings at the end of each day using the smiley, sad face or indifferent face sticker

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Week 1							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TRACK SYMPTOMS HERE							
(If symptoms have improved = score 1, stayed the same = score 2, got worse = score 3)							
Height (cm):							
Bristol Stool Chart score							
Diarrhoea / loose stools							
Oily / fatty stools							
Urgency to pass stools							
Blood / mucus in stools							
Nausea							
Vomiting							
Reflux							
Bloating							
Wind							
Abdominal cramps							
MONITOR YOUR PROGRESS							
Weight record	Track your weight, e.g. day 1 of each week						
					Date: / /		
Your child's feelings	Record your child's general feeling for the day, e.g. 😊 😐 😞						

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Week 2							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TRACK SYMPTOMS HERE							
(If symptoms have improved = score 1, stayed the same = score 2, got worse = score 3)							
Height (cm):							
Bristol Stool Chart score							
Diarrhoea / loose stools							
Oily / fatty stools							
Urgency to pass stools							
Blood / mucus in stools							
Nausea							
Vomiting							
Reflux							
Bloating							
Wind							
Abdominal cramps							
MONITOR YOUR PROGRESS							
Weight record	Track your weight, e.g. day 1 of each week						
					Date: / /		
Your child's feelings	Record your child's general feeling for the day, e.g. 😊 😐 😞						

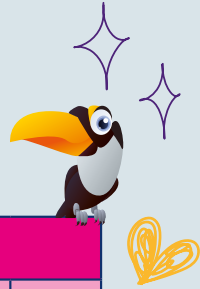


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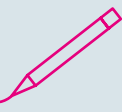
Week 3							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TRACK SYMPTOMS HERE							
(If symptoms have improved = score 1, stayed the same = score 2, got worse = score 3)							
Height (cm):							
Bristol Stool Chart score							
Diarrhoea / loose stools							
Oily / fatty stools							
Urgency to pass stools							
Blood / mucus in stools							
Nausea							
Vomiting							
Reflux							
Bloating							
Wind							
Abdominal cramps							
MONITOR YOUR PROGRESS							
Weight record	Track your weight, e.g. day 1 of each week						
				Date: / /			
Your child's feelings	Record your child's general feeling for the day, e.g. 😊 😐 😞						

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Week 4							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TRACK SYMPTOMS HERE							
(If symptoms have improved = score 1, stayed the same = score 2, got worse = score 3)							
Height (cm):							
Bristol Stool Chart score							
Diarrhoea / loose stools							
Oily / fatty stools							
Urgency to pass stools							
Blood / mucus in stools							
Nausea							
Vomiting							
Reflux							
Bloating							
Wind							
Abdominal cramps							
MONITOR YOUR PROGRESS							
Weight record	Track your weight, e.g. day 1 of each week						
				Date: / /			
Your child's feelings	Record your child's general feeling for the day, e.g. 😊 😐 😞						

Notes



Use the following pages if you would like to make additional notes about your child's progress or for any questions you may have for your child's HCP. You can then show their HCP to help guide a discussion about your child's health and progress.





A HAPPY OUTSIDE STARTS FROM THE INSIDE

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