STANDFAST CLAIMS ACADEMY · STUDENT TOOL

Daily Symptom Log

Two minutes a day. The cheapest evidence there is.

Record symptoms the day they happen. Be specific: what, severity 0–10, duration, and what it stopped you from doing ("couldn't finish mowing," "left work early," "missed my kid's game"). Patterns over months speak louder than memory ever will.

Date	Condition / Symptom	Severity (0–10)	Duration	What it stopped me from doing	Meds / care sought

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