

Health Timeline

Instructions: start at the left of the timeline adding in the first year you experienced poor health or any symptoms. Then add in this current year on the far right of the line. Continue filling in year by year (or month by month) in between, noting when symptoms arose. You can elaborate and annotate as you like. Aim to include all of your key symptoms and any notable life events that may have impacted your health. When you're finished, bring your timeline in to your next session and I'll work with you on identifying evolutionary connections between symptoms.

15 yr Health Timeline

Instructions: for any years where you felt your health changed or symptoms emerged, add some notes and descriptions. 15 years are marked here on this timeline. You can elaborate in your descriptions as much you like, go ahead, fill the page! Aim to include all of your key symptoms and any notable life events that may have impacted your health. When you're finished, bring your timeline in to your next session and I'll work with you on identifying evolutionary connections between symptoms.

