



FEELING OFF?

Learn how to tell your health story before your next appointment or test.



WHY THIS MATTERS

Structure creates clarity.

Without a clear story, even good testing can miss what matters.

And, it becomes easy to:

- dismiss symptoms
- chase random solutions
- or assume nothing is wrong

The goal isn't to diagnose yourself.

It's to understand your pattern well enough to ask better questions and advocate for yourself.

WHEN TO GO DEEPER

Sometimes this process is enough to create meaningful change.

Sometimes it reveals the need for more.

You may benefit from going deeper if:

- Symptoms persist despite good habits
- Patterns are unclear or inconsistent
- You want a more precise understanding of your trajectory

This is where measurement and interpretation become useful—only in the context of your story.

HOW TO USE THIS

To get the most out of this worksheet:

- Don't aim for perfection
- 5–10 minutes per section
- Patterns matter more than details
- Bring this to your appointment

Remember

- Most people aren't starting from zero—they're starting from confusion.
- We're not looking for perfection. We're looking for signal.

DEFINE THE SHIFT

Even a rough timeline helps tell your story.

Write in narrative form, *"I was well until..."*

Or

Create a list of *When* and *What*

☐ When did something change?

☐ Was it gradual or sudden?

☐ What was happening in your life at the time?

Example narrative:

"I was well until about 4–5 months ago. No clear event, but work became more demanding around that time. Sleep gradually shortened."

Example of "when and what:"

3/1/25 - vomiting all night, visit to ER, blood tests and CT scan normal

DEFINE THE SHIFT

(continued)



DESCRIBE WHAT YOU FEEL

☐

What are your main symptoms?

☐

What do they feel like?

☐

What feels different and concerning?

Example:

- *Lower energy in the afternoons*
- *Less motivation to work out*
- *Occasional brain fog*
- *Not sick, just not like myself*

IDENTIFY PATTERNS

Are symptoms constant, intermittent, situational?

When do you feel worse or better?

What else have you noticed?

SCAN YOUR INPUTS

What's changed or what stands out? Circle all that apply.

Sleep	Stress	Fuel	Movement
Hours	Job	Meals	Frequency
Quality	Relationships	Snacks	Intensity
Consistency	Caregiving	Timing	Duration
Routine	Finances	Hydration	Training Type
Snoring/ Breathing	Environment	Alcohol/Drugs	Injury/Pain
Screentime	Loss/Grief	Supplements	Chronic Overuse

DESCRIBE ANY DETAILS:

YOUR JOURNEY

Review what you've tried



What have you changed? For how long?



What made things better, worse, or unclear?



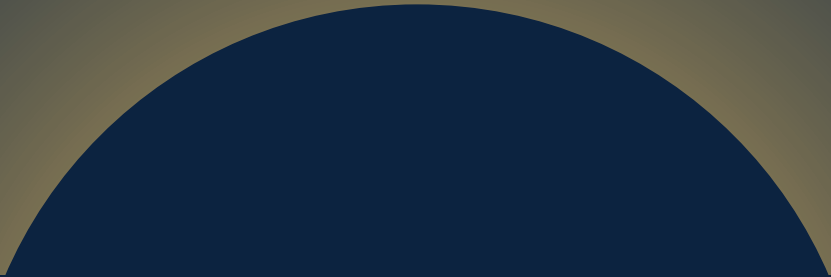
Overall, what stands out?

Examples

- *Tried exercising more → felt harder, less consistent*
- *Tried coffee in the afternoon → temporary boost, worse sleep*
- *Tried going to bed earlier → helped, but not sustained*
- *Overall, symptoms cluster around...correlate with...or no clear pattern*

Clarity doesn't come from more data alone. It comes from
understanding your patterns.

TO THE JOY
OF LIVING,
PROACTIVELY



BREAUX MEDICAL

Precision Health. Relational Care.