

WELCOME TO  
CENTER FOR PREVENTATIVE MEDICINE  
KEVIN D. HOLDER MD

**SYMPTOM JOURNAL**

<u><b>SYMPTOMS</b></u> How am I feeling? <b>Hot? Cold? Fever?</b> <b>Chills? Sore Throat? Discharge?</b> <b>Diarrhea?</b> <b>Aches? Fatigue? Restless?</b> <b>Etc.</b>	<u><b>DATE TIME</b></u>	<u><b>INTERVENTION</b></u> <b>Vitamin, herb, homeopathic remedy, medication, other</b>	<u><b>RESPONSE</b></u> <b>What has changed? How fast are changes occurring?</b>