

Chronically Chic™

BEAUTIFULLY PRACTICAL

Timed Trigger Tracker

Thank you for downloading my Timed Trigger Tracker printable. I hope this helps you on your health journey.

XOXO

Kallista

Instructions:

- Record the date and time at the onset of a symptom.
- Record which symptom you are experiencing.
- Record possible triggers. These could include foods, activities, weather changes etc.

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Toile de Jouy pattern designed by Bärbel Dressler. © Bear Bell Productions 2020



Timed Trigger Tracker

Time	Possible Trigger	Time	Symptom