

The First Weeks of Something New

A simple log for the early days, when everything feels uncertain.

WHEN TO USE THIS

Start this the day you begin something new and keep it for two weeks.

Early days can feel strange. Write it down rather than guessing, and tell your prescriber what you see.

One row a day. Keep it short.

DAY	HOW YOU FELT	ANYTHING NEW

What worries you most about this one?

Who will you call if something does not feel right?

Prescriber, pharmacy, the out-of-hours number.

Two weeks of notes will tell you more than two weeks of wondering.