Health Timeline



Please complete a timeline of events relating to your health and wellbeing including as much as you can remember. Include when symptoms started, any medical events and any stressful life events in your life. There is an example below. Either use this template or create your own as a list in date order. Please add as much information as you can. This will help track back to the root causes.

Name ______

Date of Birth _____

Date (age)	Event (symptom started, medical intervention, life events)
	EXAMPLE
1075	
1975	Chronic ear infections, antibiotics given, occurred approx. 6 times
1981	Parents divorced, stressful
1983	Started getting stomach cramps and discomfort
1989	Glandular fever