

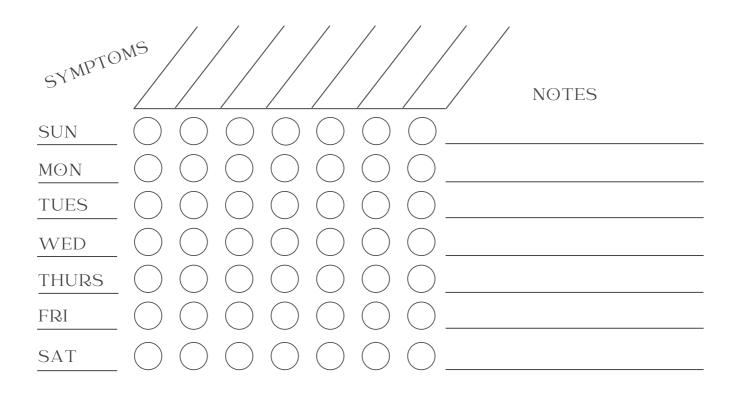


## TRACKER

## TAKE IT ONE DAY AT A TIME. YOUR SYMPTOMS DON'T DEFINE WHO YOU ARE!

CURRENT TREATMENTS

NOTES









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## CURRENT TREATMENTS

- Taking \_\_\_\_\_ medication twice a day
  - Trying a new gluten free diet
  - Physical therapy Tuesday and Wednesday

## NOTES

• This weeks been tough mentally but doing my best to keep up with going to therapy



