

Week one

3 is the
magic
number

- ✓ You notice a persistent health problem that is unusual for you
- ✓ Make a note

Explain the problem and its frequency throughout this week

If it still persists and shows no improvement, complete the daily diary and make an appointment with your GP

Take this diary with you

every day, note what happens

how long it lasts

what time it happens

how it feels

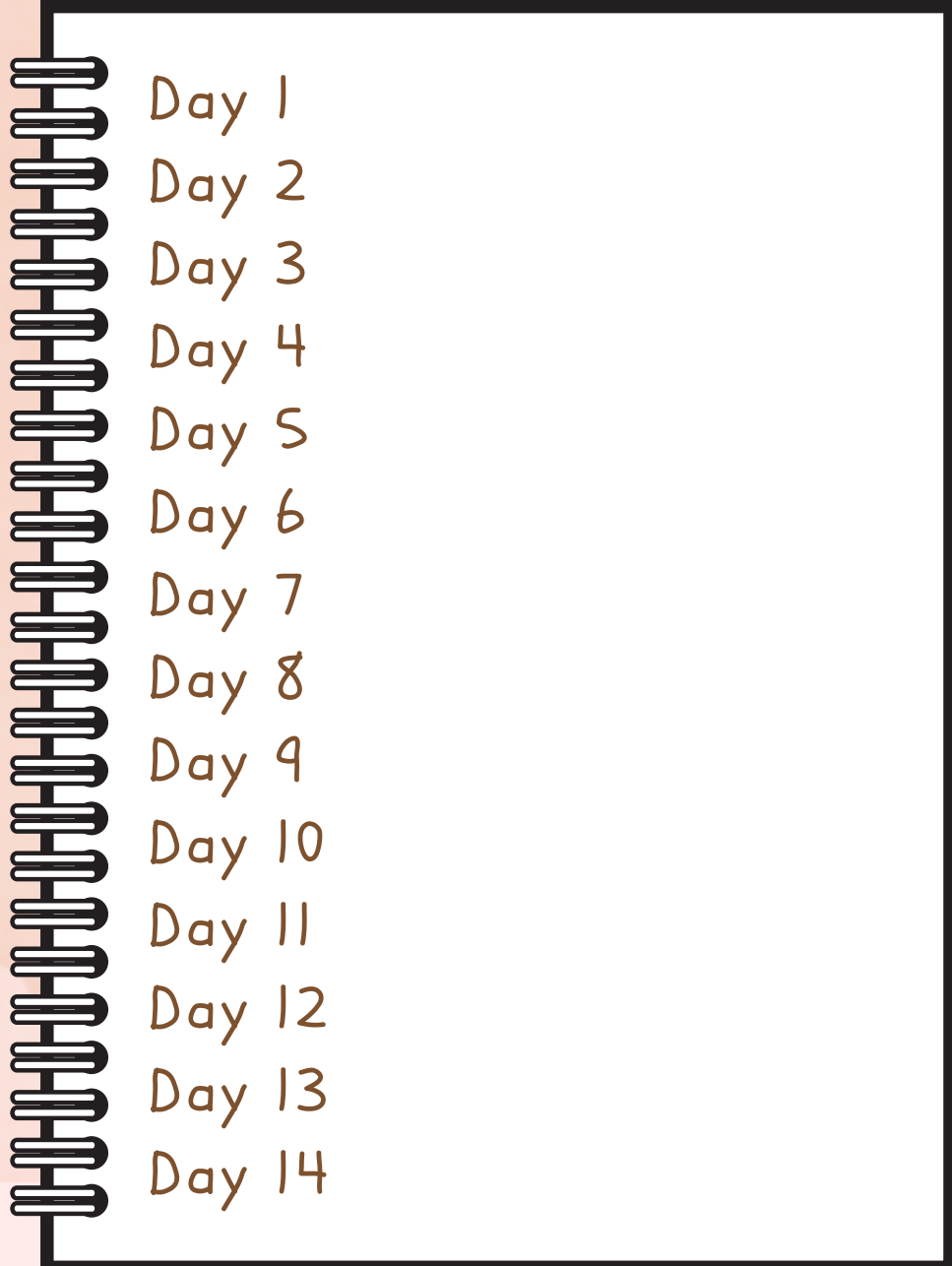

note what you've eaten

note what you've been doing,

something different?

Week two &
three

3 is the
magic
number



Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7
Day 8
Day 9
Day 10
Day 11
Day 12
Day 13
Day 14

Week three

3 is the
magic
number

✓ By now most "blips"
should be on the mend
if Not, make more
notes

✓ dont Make any
lifestyle changes

✓ At the end of the week
if nothing has changed
book an appointment
with your GP and take
your diary with you

Make an
appointment
with
your GP