





PLANNERS | DIGITAL DOWNLOADS | PRINTABLES

Thank you for purchasing this resource!

My name is Cassandra Laura. I was diagnosed with Hashimoto's disease, dysautonomia, and undifferentiated connective tissue disease in early 2016. Since then, I have decided to take a hands-on approach to organising everything.

Implementing organisational procedures into different aspects of my life has reduced my stress levels, made symptom management easier, and helped me gain control over my future. I hope that this resource helps you minimise any unnecessary stress you may be experiencing.

I would love to hear any feedback you may have on this resource. If you need any support or have any questions, please do not hesitate to contact me by clicking the email icon.

If you're interested in learning more about my chronic illness journey or reading more finance, health, and minimalist lifestyle tips, click the first icon to visit my blog - [www.liveminimal.com](http://www.liveminimal.com).

Don't forget to follow my store for updates on sales and new products!

Thank you again!

*Cassandra Laura*

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# THANK YOU

*for your purchase!*

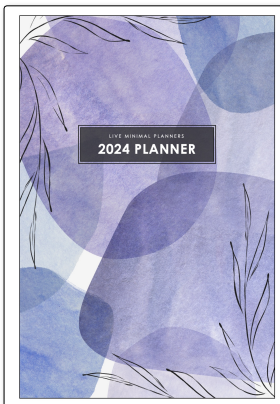
Thank you for purchasing the 2024 Live Minimal Planners chronic illness planner!

This planner is great for managing medical/chronic health symptoms, maintaining medical appointments and specialist details, and organising relevant health notes/expenses. Manage your weekly tasks, meetings, dietary notes, and monthly medication, symptoms, fatigue, and pain levels.

This planner should be printed double-sided and bound to reduce paper and printing expenses. Alternatively, print, hole punch, and place in a ring folder. This will ensure that all your information remains in one place and can easily be carried to appointments.

## **INSTRUCTION GUIDE INDEX**

Navigate the instruction guide by selecting any of the headings below.



Planner resources

Template instructions

Find planner tips throughout this instruction guide. Look out for the boxes with the information icon.



# PLANNER

RESOURCES

## MEDICAL TEMPLATES

- Personal details
- Appointment reminders
- Medication list
- Vitamin list
- Supplement list
- Specialist details
- Symptom notes
- Medical tests
- Medical expenses
- Annual appointments
- Lab tracker
- Flare tracker

The image displays a variety of medical templates. Key templates include:
 

- Personal details:** Fields for first name, contact number, blood type, address, diagnosis, and allergies.
- Appointment overview:** A calendar view for January, February, and March.
- Supplement list:** A table with columns for supplement, reason, dosage, and time.
- Specialist details:** Fields for name, reason, address, contact no., and additional information.
- Annual consultations:** A table for recording consultation dates, times, practitioners, reasons, and next appointments.
- Lab results:** A table for tracking lab tests and their results.
- Flare tracker:** A calendar grid for tracking flare-ups throughout the year.

## MONTHLY PLANNER (JAN-DEC)

- Monthly priority list
- Monthly overview
- Monthly goal planner
- Monthly medication tracker
- Monthly symptom tracker
- Monthly severity trackers
- Appointment notes
- Week on a two-page overview
- Monthly notes (lined)

The image shows a set of monthly planner templates for January. Key templates include:
 

- Monthly priority list:** A grid for tracking priorities throughout the month.
- Monthly overview:** A calendar view for the month of January.
- Monthly goal planner:** A section for setting and tracking goals.
- Appointment notes:** A detailed form for recording appointment details, questions, and consultation notes.
- Weekly overview:** A two-page spread for tracking meals, habits, and symptoms over a week.
- Medication tracker:** A grid for tracking medication intake.
- Symptom tracker:** A grid for tracking symptoms.
- Monthly notes:** A lined area for monthly reflections and notes.

# TEMPLATE

INSTRUCTIONS











*For medications*

31				
30				
29				
28				
27				
26				
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7				
6				
5				
4				
3				
2				
1				
MEDICATION				

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## MONTHLY MEDICATION TRACKER

List the medications you would like to keep track of along the bottom column.

Colour the entire box, cross, tick, or draw a circle each day you take the medication. The numbers along the left bar represent dates in the month. The custom key is available to customise your medication tracking (e.g., morning, afternoon, evening).

*For anxiety*

31	1	2	3	1	2	3	1	2	3	1	2	3	TREATMENTS
30													
29													
28													
27													
26													
25													
24													
23													
22													
21													
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19													
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4													
3													
2													
1													
ANXIETY	BRAIN FOG	FATIGUE	PAIN	STRESS									
NOTES													

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## MONTHLY SEVERITY TRACKER

Track monthly pain levels by colouring the entire box, ticking, or drawing a circle to indicate daily severity. The higher the number (1-3), the greater the severity experienced. Numbers along the left represent dates in the month. Note down any treatments and their effectiveness (e.g., physiotherapy).

*For symptoms*

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21				
20				
19				
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16				
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14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				
SYMPTOM				

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## MONTHLY SYMPTOM TRACKER

List the symptoms you would like to keep track of along the bottom column.

Colour the entire box, cross, tick, or draw a circle each day you experience these symptoms. The numbers along the left bar represent dates in the month. Custom key available if you would like to customise your symptom tracking (e.g., mild, moderate, severe).

*Appointment notes*

31				
APPOINTMENT DETAILS		QUESTIONS		
DATE & TIME				
LOCATION				
PRACTITIONER				
SYMPTOMS & DISCUSSION NOTES				
CONSULTATION NOTES				
VITALS				
BP	PULSE	SPO2	RR	TEMP
PRESCRIBED MEDICATIONS		NEXT APPOINTMENT		

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## APPOINTMENT NOTES

List the appointment details (date, time, location, specialist). Before the appointment, review monthly notes and make a summary of symptoms and discussion points. List questions. Record notes during appointments, including vitals, prescribed medications, and follow-up appointment details.

This planner includes twelve copies (one per month). Should any more be required, please feel free to print extra and attach this to your planner before binding. 