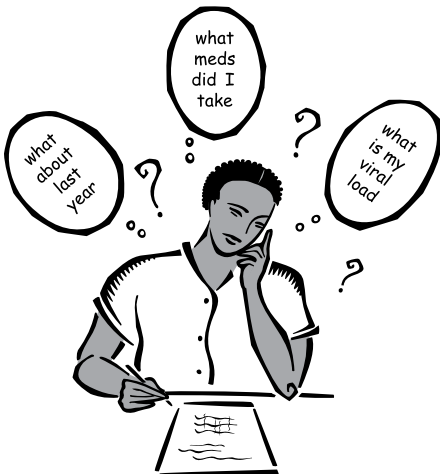




PERSONAL TRACKING CHARTS

personal tools that help you keep track of your health



In these pages, you will find different charts that were developed to help you keep track of your health. They will also help you keep an ongoing health history and a history of your HIV-related treatments over time.



One way to use these charts would be to take them with you to your medical appointments. Going over them together can help make sure you understand what medications you're supposed to take and when to take them. This will also help you make sure to let your doctor know everything you're dealing with.

THIS PAPER BELONGS TO:

side effects diary

Side effect	Date	Time	Scale: 1 = mild up to 5 = severe				
			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5
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			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5
			1	2	3	4	5

Examples of common side effects

Nausea	Aches and pains	Tingling in hands/feet	Change in sight
Vomiting	Tiredness	Pain in hands/feet	Change in sleep
Diarrhea	Dizziness	Rash	Change in sex drive
Constipation	Weight gain	Dry skin	Change in body shape
Fever	Weight loss	Dry mouth	Change in mental health
Headache	Loss of appetite	Hair loss	Lack of concentration

keeping track of the medicines I take or have taken

Name of medicine or supplement	Start date	Stop date	Side effects I had / reason for stopping / other information
MEDICINES FOR HIV (prezista, truvada, viread, norvir, etc.)			
HIV-RELATED MEDICINES (bactrim, zithromax, diflucan, etc.)			
PRESCRIPTION BIRTH CONTROL (ethinyl estradiol, etc.)			
OTHER PRESCRIPTION MEDICINES (ativan, flonase, zoloft, etc.)			
OVER-THE-COUNTER PRODUCTS (tylenol, pepto-bismol, comtrex, citrucel, etc.)			
VITAMINS, WEIGHT, AND HERBAL SUPPLEMENTS (milk thistle, st. john's wort, garlic tablets, etc.)			

charting my CD4 cell counts

MY REGIMEN

CHARTING MY CD4 CELLS

1,000
900
800
700
600
500
400
300
200
150
100
50
0

01/10 07/10

Test dates

for example

charting my viral load results

MY REGIMEN

CHARTING MY VIRAL LOAD

30,000
27,500
25,000
22,500
20,000
17,500
15,000
12,500
10,000
7,500
5,000
2,500
0

01/10 07/10

Test dates

for example

keeping track of my test results

DATES OF TESTS

COMMON HIV TESTS

HIV viral load count												
CD4 cell count												
CD4 percentage												
CD8 cell count												
CD8 percentage												
White blood count												
Red blood count												
Hemoglobin												
Hematocrit												
Platelet												
Triglycerides												
Cholesterol (HDL)												
Cholesterol (LDL)												
Urea nitrogen												
Creatinine												
Bilirubin												
Alkaline phosphatase												

ADD OTHER TESTS BELOW THAT I WANT TO TRACK

TEST:												
TEST:												
TEST:												
TEST:												

these are the major events of my health history

Event	Date(s)	Event	Date(s)	EXAMPLES	
				Family history of _____	
				Had chicken pox	4/63
				Got a tetanus shot	7/97
				Diagnosed w/ diabetes type 2	9/98
				Pneumonia vaccination	11/01
				Got final hepatitis A/B shots	12/02