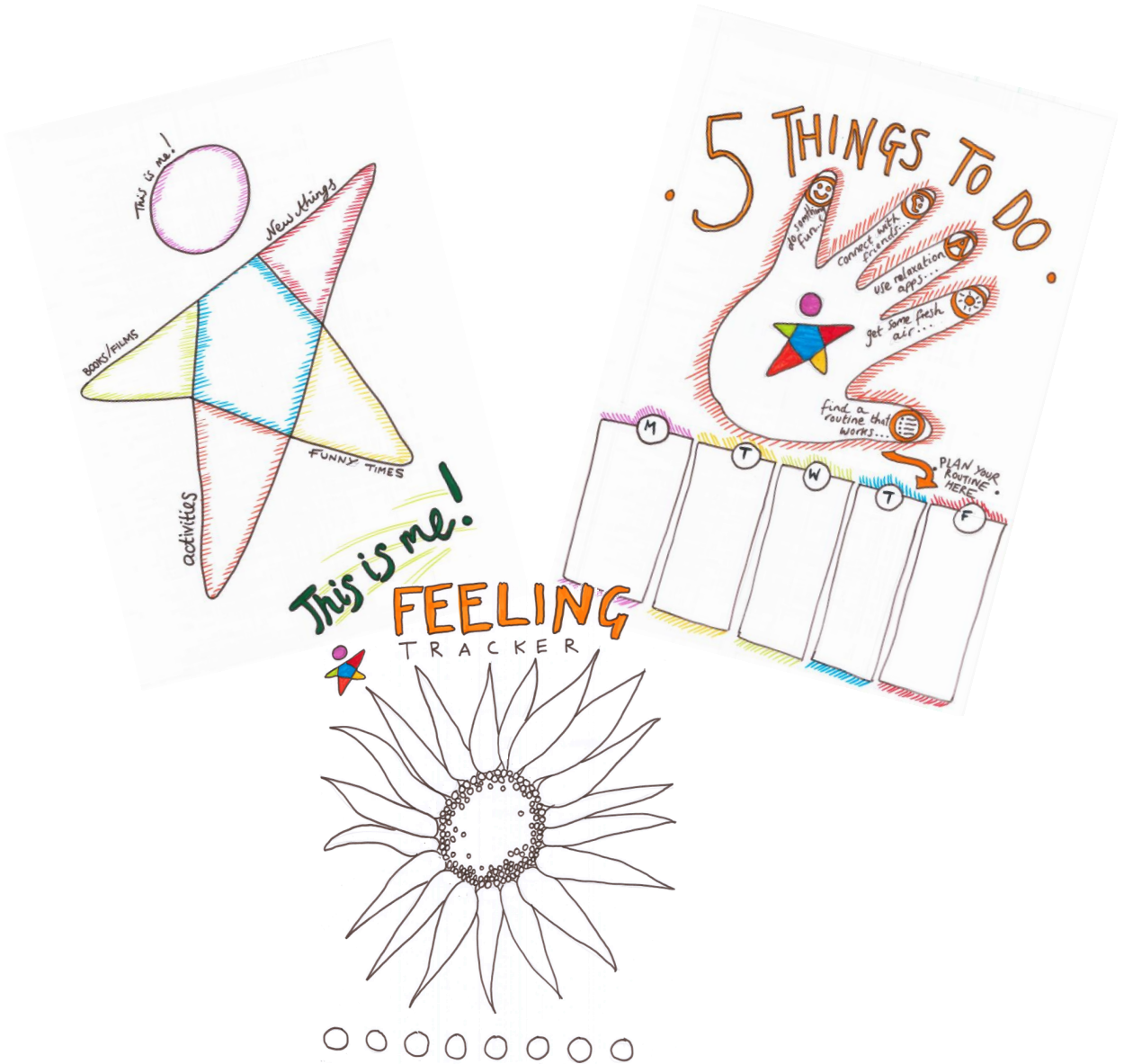
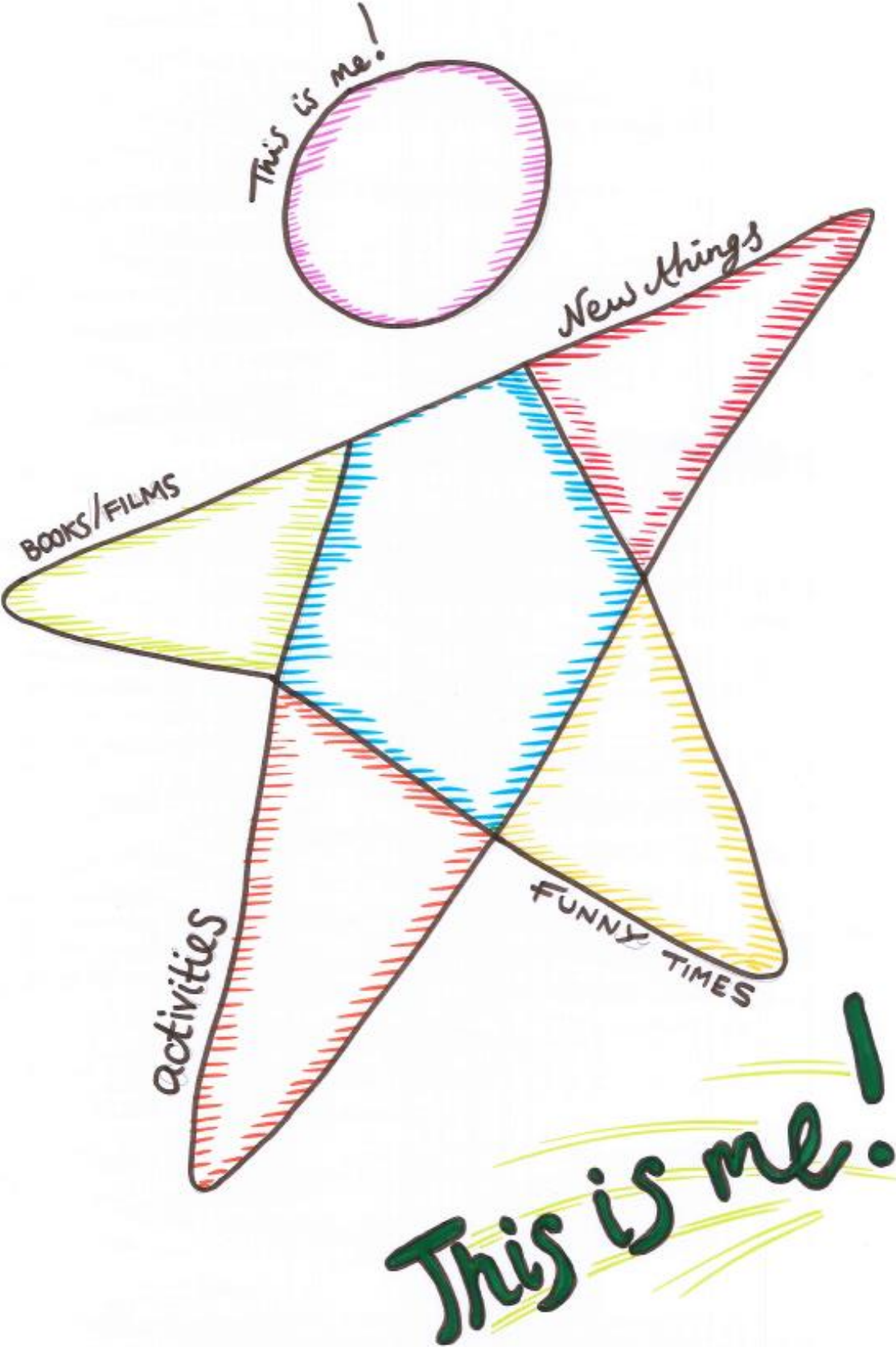


Children and Young People's health diary

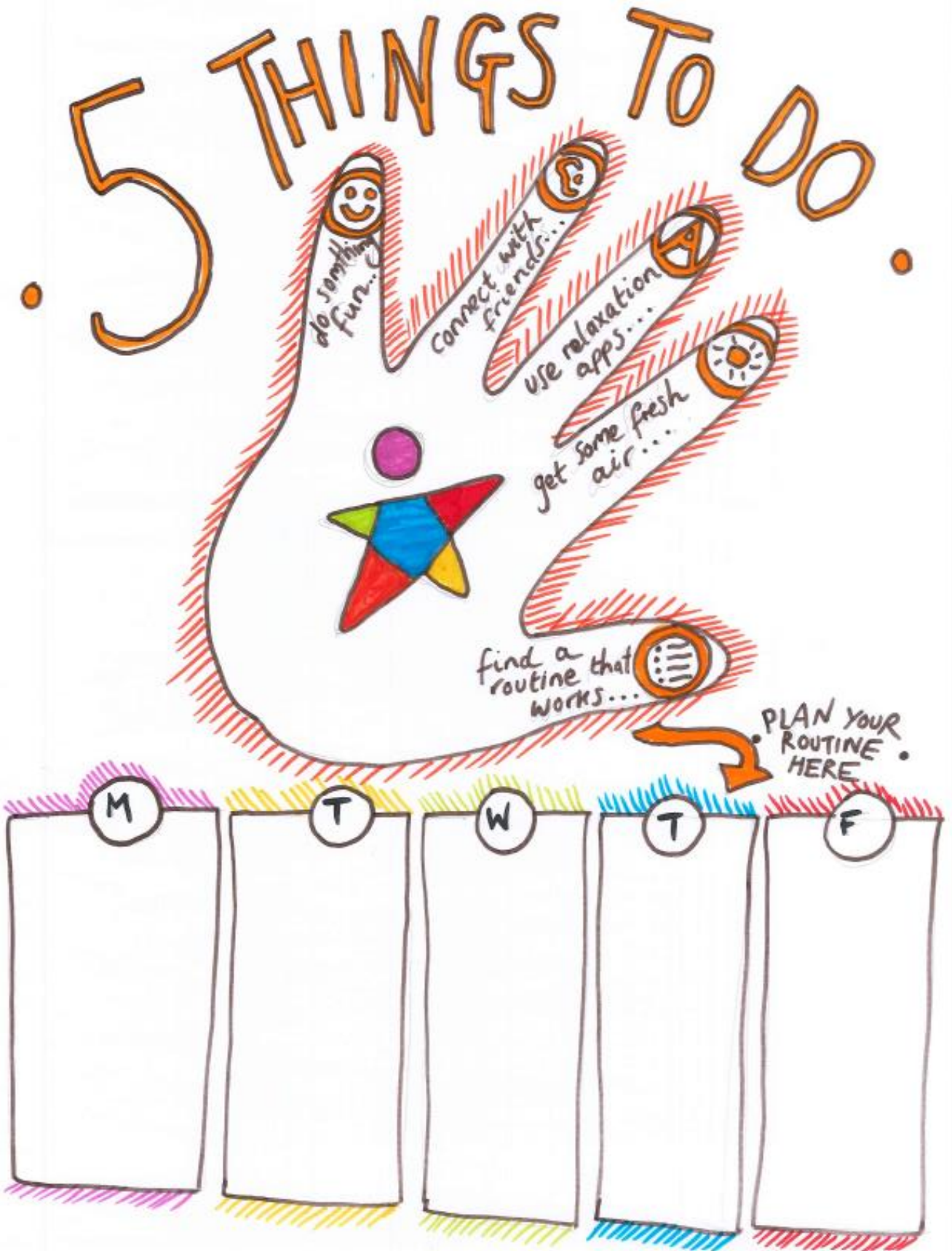


RCPCH &Us with paediatricians have made this diary for you to use between your appointments. Use it to write down your feelings, questions and also the fun things you are doing!

Write about all the different things you have been doing recently.

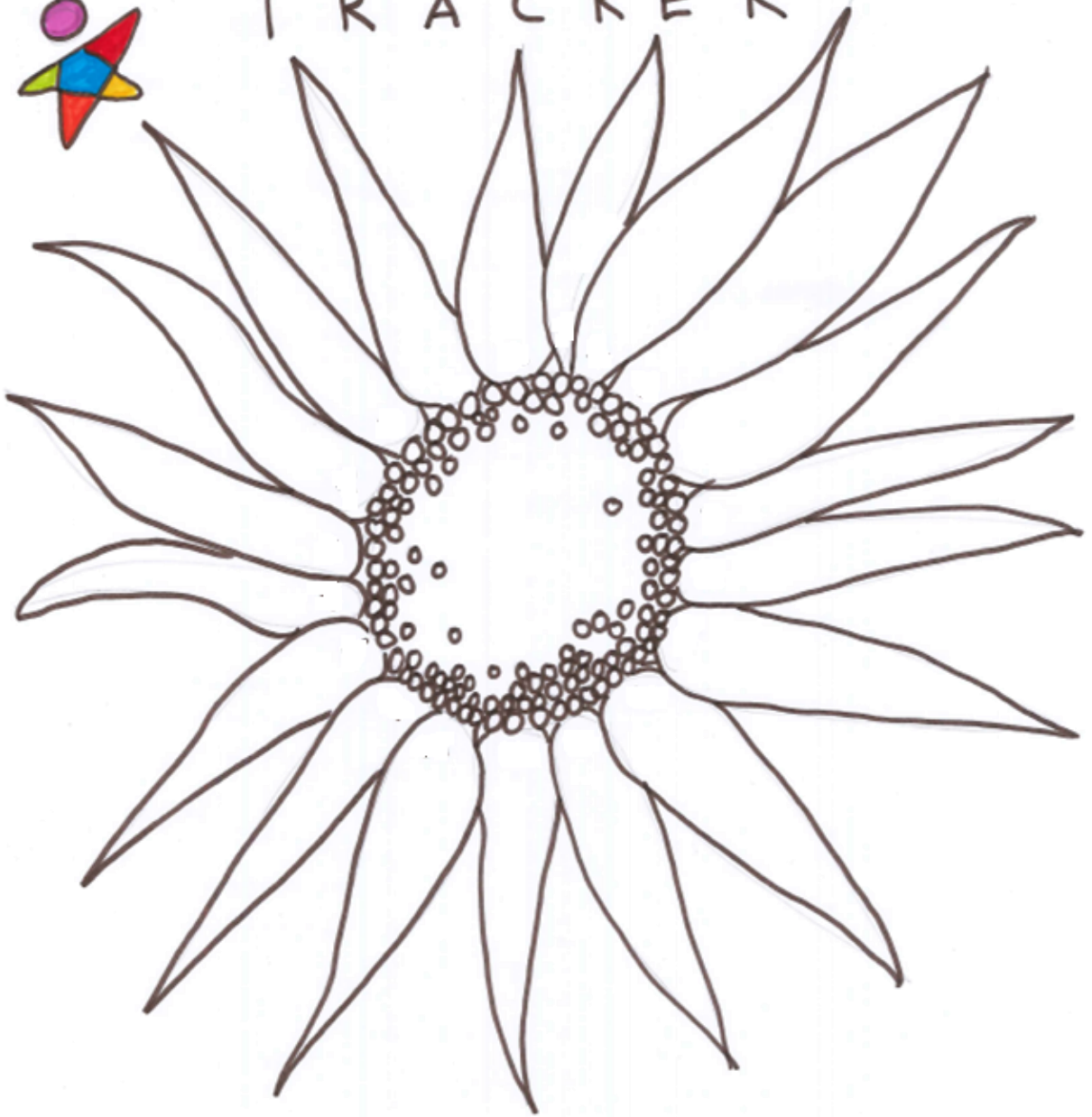


Make a plan of 5 things you want to do every day.



FEELING

TRACKER



Think of 8 different feelings that you might have. Give each one a colour then colour in a circle and write the feeling.

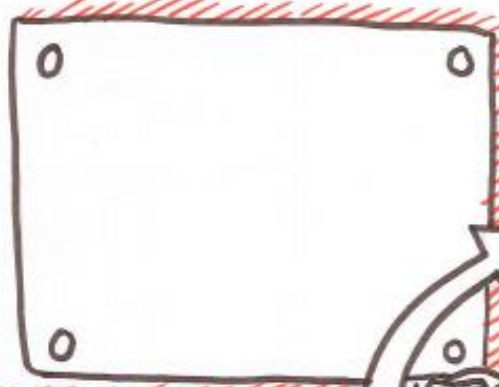
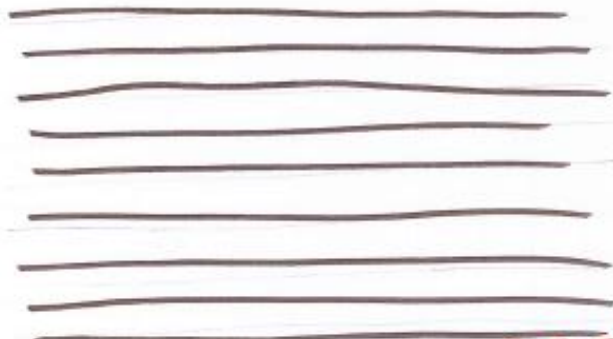
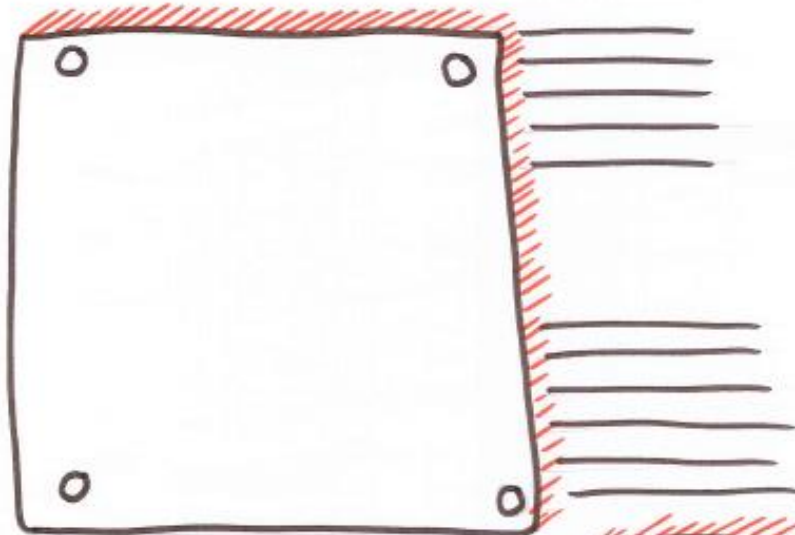
Each day colour in a petal using the colours of your feelings - you can see our example where orange is happy and pink is tired.



Journal

WHAT I HAVE BEEN DOING

Use this space to draw or write down what you have been doing so you can share with your doctor, nurse or school.



FUTURE PLANS

DIARY



Use this space to draw or write down what you have been doing so you can share with your doctor, nurse or school.

DATE

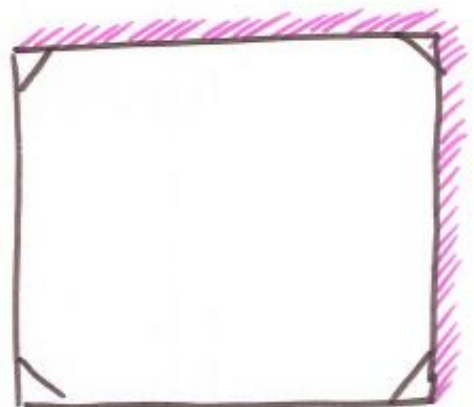


DATE



DATE





DATE



Your parents, family and carers might have things they want to remember to tell your doctor next time you see them, get them to write it down here to share later.

family & Carer Log...

Symptoms changes / queries / impacts

DATE
○

Medicine changes / queries / impacts

DATE
○

Positives to share

DATE
○