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.
Use this page to keep all your questions in one place.

**QUESTIONS**

**FOR YOUR DOCTOR OR NURSE**

- Questions about my medicines
- Questions...
- Questions about my health

Since I last saw my doctor I feel...

**KEY**

- Better
- Same
- Worse

**DATE**

[Image of a hand-drawn page with balloons and text boxes for questions, a key for condition change, and a title page for keeping questions.]
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.
Use this space to draw or write down what you have been doing so you can share with your doctor, nurse or school.
Use this space to draw or write down what you have been doing so you can share with your doctor, nurse or school.
Symptoms changes / queries / impacts

Medicine changes / queries / impacts

Positives to share