

# MY HEALTH TIMELINE

Created by/for \_\_\_\_\_ on \_\_\_\_\_ because: \_\_\_\_\_  
first name last name mm/dd/yy

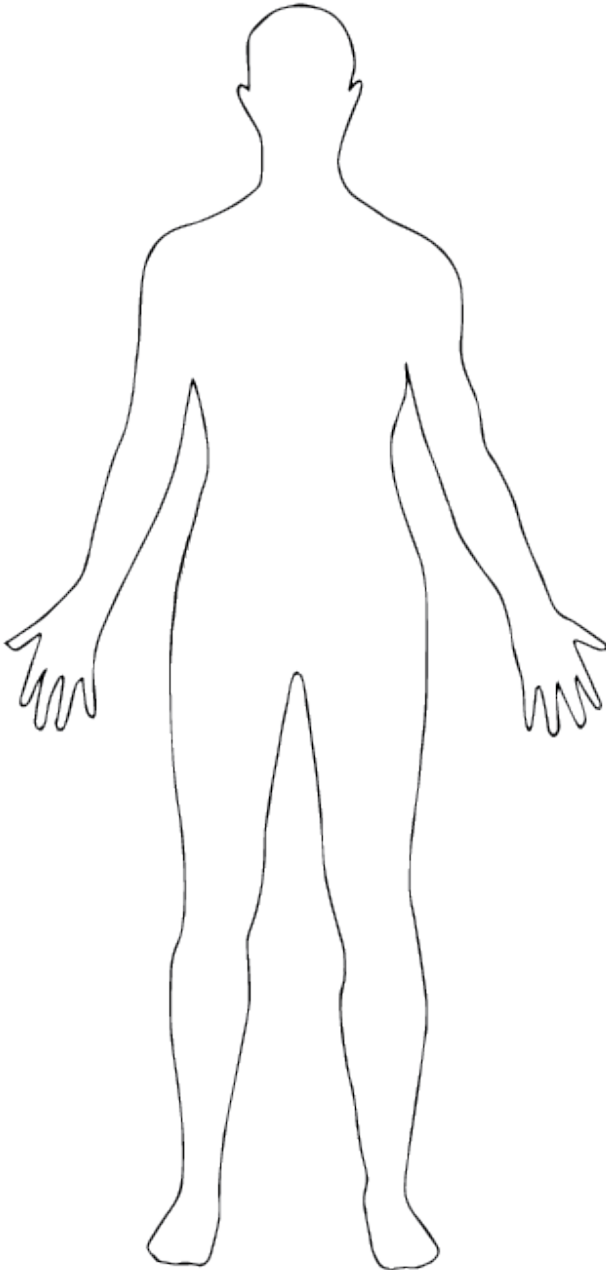
better



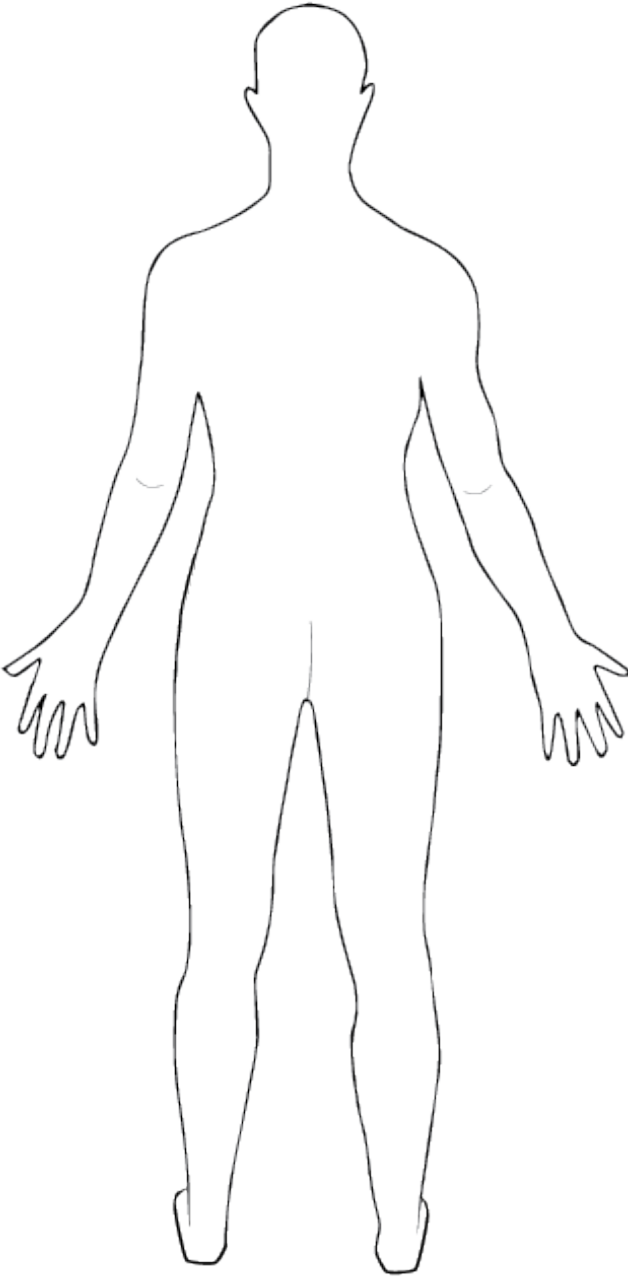
worse

**WHAT MY BODY FEELS LIKE** (Use shapes, colors, words, or other symbols)

Front



Back

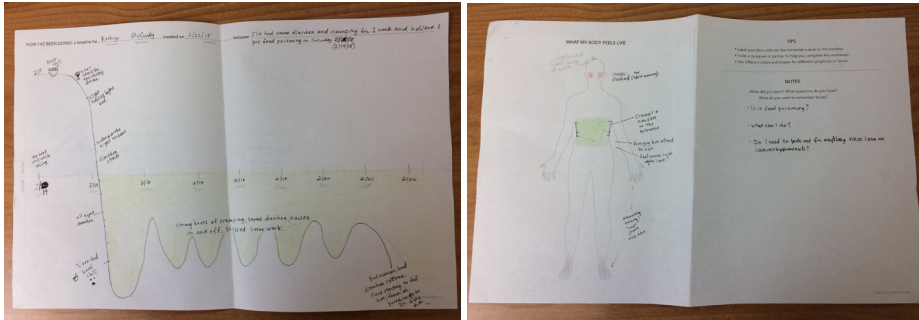


## TIPS

- There is **no right or wrong way** to do this! The most important thing is for you to be able to tell your story.
- Invite a caregiver or partner to help you complete this worksheet
- Use different colors and shapes for different symptoms or issues

## EXAMPLE

Your story is unique and specific to you, so your worksheet will look different from anyone else's. But here is an example to get you started:



On the **timeline**, it helps to label the horizontal line so that the time period is clear. You can make notes about what happened, and feel free to use colors or shapes to note certain events.

On the **body**, it helps to make notes about what sensations you are feeling. Be creative - use colors, shapes, or anything else that might help someone else understand how you are feeling. You can even cut out a picture and tape or glue it on.

*This is your story - you decide how to tell it best.*

## NOTES

What did you learn? What questions do you have?  
What do you want to remember to say?