Sinus episode and gap worksheet

Date range _____ Note approximate dates where needed.

Period	Main symptoms	Between bouts	Visits and uncertainty

Between bouts, use “clear”, “ongoing” or “unknown”. If you returned to your usual symptoms and some remained, write down which ones.

Question to ask _____

Personal observations only. Not clinically reviewed. These sheets do not diagnose symptoms or replace your care team’s instructions. Do not delay care to complete a diary.