

PATIENT SELF-PROGRESS REPORT

Please answer the following questions and complete the food log in preparation for our next visit. Once completed, either bring with you or upload to your portal. Keeping a food log and recording symptoms and progress is a great way to make the most of our time together. - Ann Shippy, MD



Name: _____ Next appointment: _____

Progress: Please list and describe any symptoms that have improved or are better:

1.

2.

3.

4.

5.

Struggling: What symptoms do we still need to work on and improve?

1.

2.

3.

4.

5.

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Do you have anything new to report:	
1.	
2.	
3.	
4.	
5.	

List any NEW supplements and/or recommendations that have made a positive difference:	
1.	
2.	
3.	
4.	
5.	

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List any NEW supplements or recommendations you haven't implemented or didn't tolerate:

1.
2.
3.
4.
5.

Questions you have or things you would like to discuss:

1.
2.
3.
4.
5.

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Daily Food/Exercise/Meditation Log Please be as specific as possible (what brand, was it organic? Grass-fed? Try to identify any symptoms in the notes (did you have any stomach upset, fatigue, reflux, bowel movements, skin condition, or other)

Date & Time	Food/Beverage (Breakfast, lunch, dinner, snacks, drinks) How many glasses of water daily?	Location: (home or name of restaurant)	Exercise/ Meditation/Other therapeutic treatment (i.e., IV therapy, sauna, detox bath, hyperbaric, etc.,)	Notes: (Symptoms, reactions)


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Thank you for taking the time to complete this form. I'm looking forward to our next visit! Ann Shippy, MD