

YOUR FREE READER'S COMPANION

The First Month Tracker Pack

A companion to After the Hashimoto's Diagnosis · by Sarah Whitmore

Thanks for picking up the workbook. This companion is the printable part — the trackers, the food log, the question list, and a gentle map of the first month. Print a stack and keep them somewhere you'll actually see them.

This is a tracking tool and one nurse's experience, not medical advice. Nothing here replaces your own doctor. What it does is help you walk into that appointment with real information instead of a foggy "I just feel off." — Sarah

Daily Symptom & Energy Tracker (photocopy — one per day)

Rate each 1 (none) to 5 (severe). Patterns matter more than any single day.

	Morning	Afternoon	Evening
Energy (1-5)	_____	_____	_____
Brain fog (1-5)	_____	_____	_____
Mood (1-5)	_____	_____	_____
Cold / temperature	_____	_____	_____
Aches / joints	_____	_____	_____

Sleep last night: _____ hrs · quality (1-5) _____

One word for today: _____

Note (what happened, what you ate, how you felt): _____

Food & Trigger Log

You're not dieting — you're noticing. Write what you ate and how you felt 1-3 hours later. Over weeks, patterns appear.

Meal	What I ate	How I felt after (1-3 hrs)
Breakfast	_____	_____
Lunch	_____	_____
Dinner	_____	_____
Snacks	_____	_____

Common things people choose to watch (not rules — just commonly noted): gluten, dairy, very high sugar, alcohol, soy. Notice first; change nothing in a panic.

Questions to Bring to Your Doctor

Tear this out and take it. You're allowed to ask.

- What were my actual numbers — TSH, free T4, free T3, and my antibody levels (TPO)?
- Should we be checking free T3 and antibodies, not just TSH?
- What's our plan to recheck, and how soon?
- Is my current dose based on my numbers and how I feel, or numbers alone?
- Are there other things (ferritin, B12, vitamin D) worth checking that affect energy?
- What symptoms should prompt me to call you before the next appointment?
- Who do I contact between visits if I have questions?

Write the answers down in the moment. You will not remember them in the parking lot — none of us do.

A Gentle Map of the First Month

- Week 1 — Land. You just got news. Start the daily tracker. Don't overhaul your life yet. Breathe.
- Week 2 — Notice. Add the food log. Look for your worst time of day and your best. Information, not judgment.
- Week 3 — Prepare. Use your tracked patterns to fill in your doctor question list. You now have data.
- Week 4 — Advocate. Bring your trackers and questions to your appointment. Walk in informed, leave with a plan and a recheck date.

That's the pack. The single most useful thing you can do this month is fill in the daily tracker, even on the foggy days — especially on the foggy days. Patterns are power, and they turn "I just feel off" into something you and your doctor can actually work with. When the workbook has helped you feel a little less alone in this, I'd be grateful to hear about it, and in a couple of emails I'll share how a quiet word from you helps it reach the next woman who just got the same news.

Take care of yourself,

Sarah Whitmore, RN