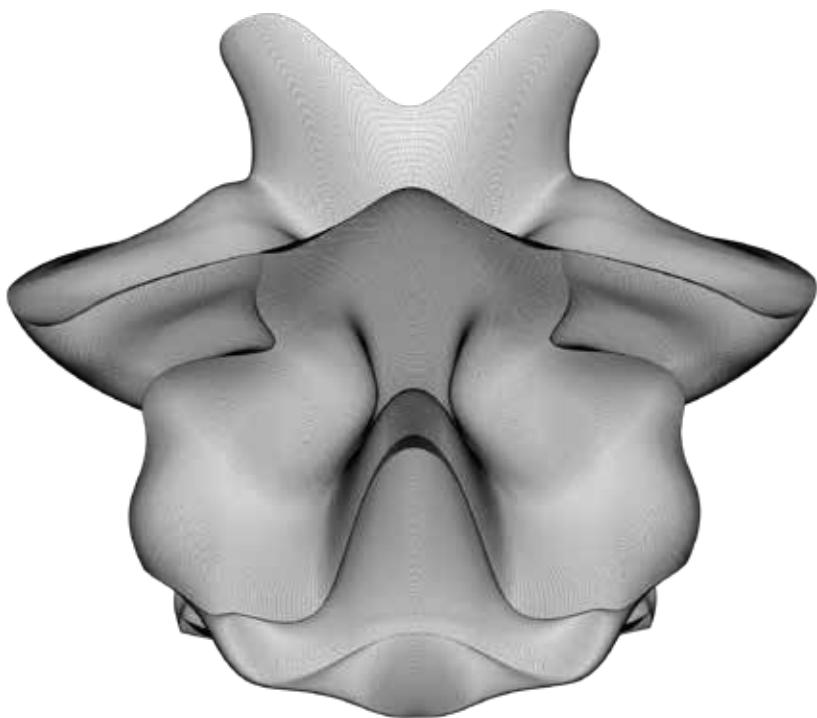


My

Health



Data

Care Provider Name & Info

Medicines

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Month _____ Year _____

Notes

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| ○ 16 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 17 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 25 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 27 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 28 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 29 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 30 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 31 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |

Month _____ Year _____

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| ○ 27 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 28 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 29 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 30 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 31 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |

Month _____ Year _____

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| ○ 16 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 17 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 24 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 26 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 29 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 30 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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Month _____ Year _____

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| ○ 16 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 17 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 18 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 19 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 23 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 24 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 25 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 26 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 27 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 28 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 29 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 30 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 31 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |

Month _____ Year _____

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| ○ 16 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 17 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 18 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 19 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 20 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 21 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 22 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 23 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 24 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 25 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 26 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 27 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 28 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 29 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 30 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 31 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |

Month _____ Year _____

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| <input type="radio"/> 8 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 9 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 10 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 11 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 12 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 13 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 14 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 15 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |

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| ○ 16 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 17 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 18 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 19 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 20 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 21 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 22 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 23 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 24 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 25 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 26 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 27 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 28 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 29 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 30 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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Month _____ Year _____

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| <input type="radio"/> | 10 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> | 11 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> | 12 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> | 13 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> | 14 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> | 15 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |

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| ○ 16 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 17 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 18 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 19 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 20 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 21 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 22 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 23 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 24 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 25 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 26 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 27 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 28 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 29 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 30 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 31 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |

Month _____ Year _____

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| <input type="radio"/> 14 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 15 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |

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| <input type="radio"/> 17 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 18 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 19 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 20 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 21 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 22 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
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| <input type="radio"/> 24 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
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| <input type="radio"/> 28 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
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| <input type="radio"/> 30 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |
| <input type="radio"/> 31 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | |

Month _____ Year _____

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| ○ 16 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 20 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 23 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 25 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 26 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 27 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 28 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 29 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 30 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 31 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |

Month _____ Year _____

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Month _____ Year _____

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| ○ 17 | (A) | (B) | (C) | (D) | (E) | (F) | (G) |
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| ○ 19 | (A) | (B) | (C) | (D) | (E) | (F) | (G) |
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| ○ 22 | (A) | (B) | (C) | (D) | (E) | (F) | (G) |
| ○ 23 | (A) | (B) | (C) | (D) | (E) | (F) | (G) |
| ○ 24 | (A) | (B) | (C) | (D) | (E) | (F) | (G) |
| ○ 25 | (A) | (B) | (C) | (D) | (E) | (F) | (G) |
| ○ 26 | (A) | (B) | (C) | (D) | (E) | (F) | (G) |
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| ○ 29 | (A) | (B) | (C) | (D) | (E) | (F) | (G) |
| ○ 30 | (A) | (B) | (C) | (D) | (E) | (F) | (G) |
| ○ 31 | (A) | (B) | (C) | (D) | (E) | (F) | (G) |

Month _____ Year _____

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| ○ 16 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 17 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 18 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 19 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 20 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 22 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
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| ○ 29 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 30 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |
| ○ 31 | (A) | (B) | (C) | (D) | (E) | (F) | (G) | |

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Sample page

Fill in these blanks with symptoms and/or variables you want to track

You can use this area to track a consistent variable like a menstrual cycle

| | | | Migraines | Constipation | Mood swings | Had dairy | Got exercise | | Notes | |
|----|---|----|-----------|--------------|-------------|-----------|--------------|---|-------|---------------------|
| 21 | ○ | 1 | ● | B | C | D | E | F | G | Drove for 3 hours |
| 22 | ○ | 2 | A | ● | C | ● | E | F | G | |
| 23 | ○ | 3 | A | B | C | D | ● | F | G | Started supplements |
| 24 | ○ | 4 | A | B | C | D | E | F | G | |
| 25 | ○ | 5 | A | B | ● | D | E | F | G | |
| 26 | ○ | 6 | ● | B | ● | D | E | F | G | Spotting |
| 27 | ○ | 7 | A | B | C | D | ● | F | G | Spotting |
| 28 | ○ | 8 | ● | ● | C | D | E | F | G | Spotting |
| 1 | ● | 9 | ● | B | C | D | ● | F | G | Cramps |
| 2 | ● | 10 | A | B | C | D | E | F | G | |
| 3 | ● | 11 | A | B | C | D | E | F | G | |
| 4 | ● | 12 | A | ● | C | D | ● | F | G | Energetic |
| 5 | ● | 13 | A | ● | C | D | E | F | G | |
| 6 | ○ | 14 | A | B | ● | ● | E | F | G | |
| 7 | ○ | 15 | ● | B | C | D | E | F | G | |

Customize this tool in any way that works for you! Consider using different colors for clarity, or acronyms/codes for more privacy.

About this booklet

My Health Data was created to provide people — especially elders and those who are sick and disabled — with a tool to take back control of our personal health data.

These days, information about our well-being is stored in systems we don't have any control over. Some of these systems profit from this data by selling it to advertisers or governments.

Tracking our own health data with pen and paper helps us take control of our well-being by:

- Keeping our information private
- Enabling us to share our information only with those we choose to share it with
- Keeping it all in one place instead of just scattered across multiple medical care providers' systems
- Having documentation to advocate for ourselves at our fingertips
- Being able to pool our data for community organizing
- Having data to help us understand links between our experiences and our symptoms

My Health Data is an ongoing work in progress, and is part of the Analog Data Kit by And Also Too and the Consentful Tech Project. We will continue to improve on it with input from people like yourself. Please email feedback and suggestions to datakit@consentfultech.io.

My Health Data was created by Una Lee. It is grounded in design justice principles and the consentful tech framework. Una initially created this booklet as a tool for herself, to help her track and understand correlations between her symptoms and other factors. She wanted to do this outside of digital apps and her health care providers' data systems.

www.andalsotoo.net/analog-data-kit | www.consentfultech.io

AND
ALSO
TOO

Consentful
Tech Project