

# My Health Map

## 1. Name

## 2. Date

## 3. How am I feeling?

- Choose a number from 1 to 10 to describe how you feel: 1 = feeling bad 10 = feeling great
- Think about your body. What feels better or worse physically? Do you have any specific symptoms or pain? Draw this on the body: Mark these spots and add words or symbols to describe what you feel and where.
- Think about your mood. Are you feeling more happy or sad these days? Draw this on the body: Mark these spots and add words or symbols to describe how you have been feeling.

## 4. Encouraged by/Discouraged by

- Write down what have you done this week that made you feel encouraged about your health and wellness. For example, you may have eaten a healthy meal, taken your medication on time, attended a support group or exercised.
- Write down what happened this week that made you feel discouraged about your health and wellness. For example, you may have missed a dose of your medication, had unpleasant side effects or did not exercise.

## 5. Life happenings

- Think about any important happenings in your life this week. Write down what you feel hopeful about and what you are worried about.

## 6. Medications and other substances (herbal therapies, vitamins, marijuana, alcohol, etc.)

- List any medications or other substances you are currently taking or want to take.
- Write down whether you missed any doses this week.
- Write down any challenges with taking your medications. For example, you may have had difficulty remembering to take them or were unsure whether to take them with food or on an empty stomach.
- List fatigue, nausea, depression or other side effects you had.

## 7. Questions to ask my doctor

- Write down any question you would like to ask your doctor. For example, you might want to know how to deal with side effects, get test results, or find out about your reproductive health.

## 8. Extra info

- Write down any extra information. This information could include, for example, your CD4 count or viral load.

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