

Client timeline

Beginning with prenatal and birth, add 4 periods of time across your client's life. For example if your client is 50yrs old: 0-10yrs, 10-20yrs, 20-30yrs, 30-40yrs, 40-50yrs. It does not have to be even but needs to include critical timeframes specific to your client. Then add in any symptoms and triggers/events in the boxes, and the age they occurred. This can be a useful tool to separate out the history of complex cases and refer to over a period of consultations. It can also be shown to the client when explaining how underlying factors have contributed to the client's present state of health.

	Symptoms	Triggers & events
Prenatal & birth		
Period: Age:		
Period: Age:		
Period: Age:		
Period: Age:		
Period: Age: Up to present day		