



MY ACUTE LYMPHOBLASTIC LEUKEMIA JOURNAL



My journal to reflect on and document my experiences
dealing with acute lymphoblastic leukemia.

by

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by

My symptoms

Symptom	Severity (1-10)	Impact on my life



by

My diagnosis

Name:

Age:

Country:

Treating hospital:

Date of diagnosis:

Age at diagnosis:

Diagnostic tests that I had:

My subtype:

How I felt after being diagnosed...



My experience at my first appointment after diagnosis...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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My treatment

Treatment:

Stage:

Dose:

Administration:

Notes:

Treatment:

Stage:

Dose:

Administration:

Notes:

Treatment:

Stage:

Dose:

Administration:

Notes:



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My treatment side effects

[illegible][illegible]



by

My remission

The treatment that led to my remission was...

When I first heard the word "remission," I felt...

To me, remission means...

Since being in remission, the biggest change in my life is...



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My relapse

When I first heard the word “relapse,” I felt...

The first people I told were...

My support circle helped me through this time by...

To look after myself, I...

My next treatment was...



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My experience of clinical trials

I was enrolled in a clinical trial

yes

no

I found out about clinical trials because:

My doctor told me

I researched for myself

I chose to enroll because...

The experiences I had during my enrollment on a clinical trial

I was offered enrollment on a clinical trial

yes

no

I chose to decline because...

Why I think clinical trials were not provided as an option for me



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To my support circle

Use this letter template to write to people in your support circle about the impact they've had on helping you deal with acute lymphoblastic leukemia.



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My survivorship

When I was told I was officially a survivor, I felt...

The hardest part of my journey was...

I am most proud that I...

One lesson my journey with ALL has taught me is...

My goals now include...

For someone just starting treatment, my advice is...



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Lined area for journal entries, consisting of 25 horizontal blue lines.



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