VETMONEYHQ

PTSD & Anxiety Symptom Log

A print-friendly record to bring to your next appointment

Veteran name _____ **From** _____ **Through** _____

How to use it
Use one row per episode. If more than one episode happens in a day, make separate entries. Record what happened and how it affected you in your own words.

Symptoms key
A = anxiety P = panic N = nightmares H = hypervigilance / feeling on guard V = avoidance O = other. Circle all that apply and add details in the row.

Date & time	Episode / trigger	Severity 1-10	Duration	Symptoms A / P / N / H / V / O	Impact on work & daily life	Coping strategies used	Missed work? Y/N

Episodes this period	Work days missed	Pattern or concern to discuss

Need immediate support? Call the **Veterans Crisis Line** at **988, then press 1**. If there is immediate danger, call 911.

For education and personal tracking only. This log is not medical advice and does not replace professional care or an official VA form.

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Continuation sheet

Veteran name _____ **From** _____ **Through** _____

Symptoms key: A = anxiety P = panic N = nightmares H = hypervigilance / feeling on guard V = avoidance O = other

Date & time	Episode / trigger	Severity 1-10	Duration	Symptoms A / P / N / H / V / O	Impact on work & daily life	Coping strategies used	Missed work? Y/N

Questions, patterns, medication changes, or other notes for your appointment

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This checklist is page one.

The full kit keeps the whole claim organized — in one binder.

The free checklist shows you WHAT money moves to check. The VA Disability Claim Organizer Kit gives you the pages to actually track them — built for your VSO appointment and your own records:

- Claim tracker — every condition, date filed, and status
- C&P exam prep sheets — walk in knowing what they'll ask
- Ratings log + combined-ratings worksheet
- Appeals timeline — deadlines you can't afford to miss
- Evidence & documents checklist — nothing falls through

23 printable pages · $9.99 · print as many copies as you need

Get the kit on Etsy:

etsy.com/shop/Vetmoneyhq

Search "Vetmoneyhq" on Etsy — look for the VA Disability Claim Organizer Kit.

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VETMONEYHQ

Get a VA money breakdown every day.

One short post a day. Concrete dollar figures.
No fluff, no sales pitch.

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