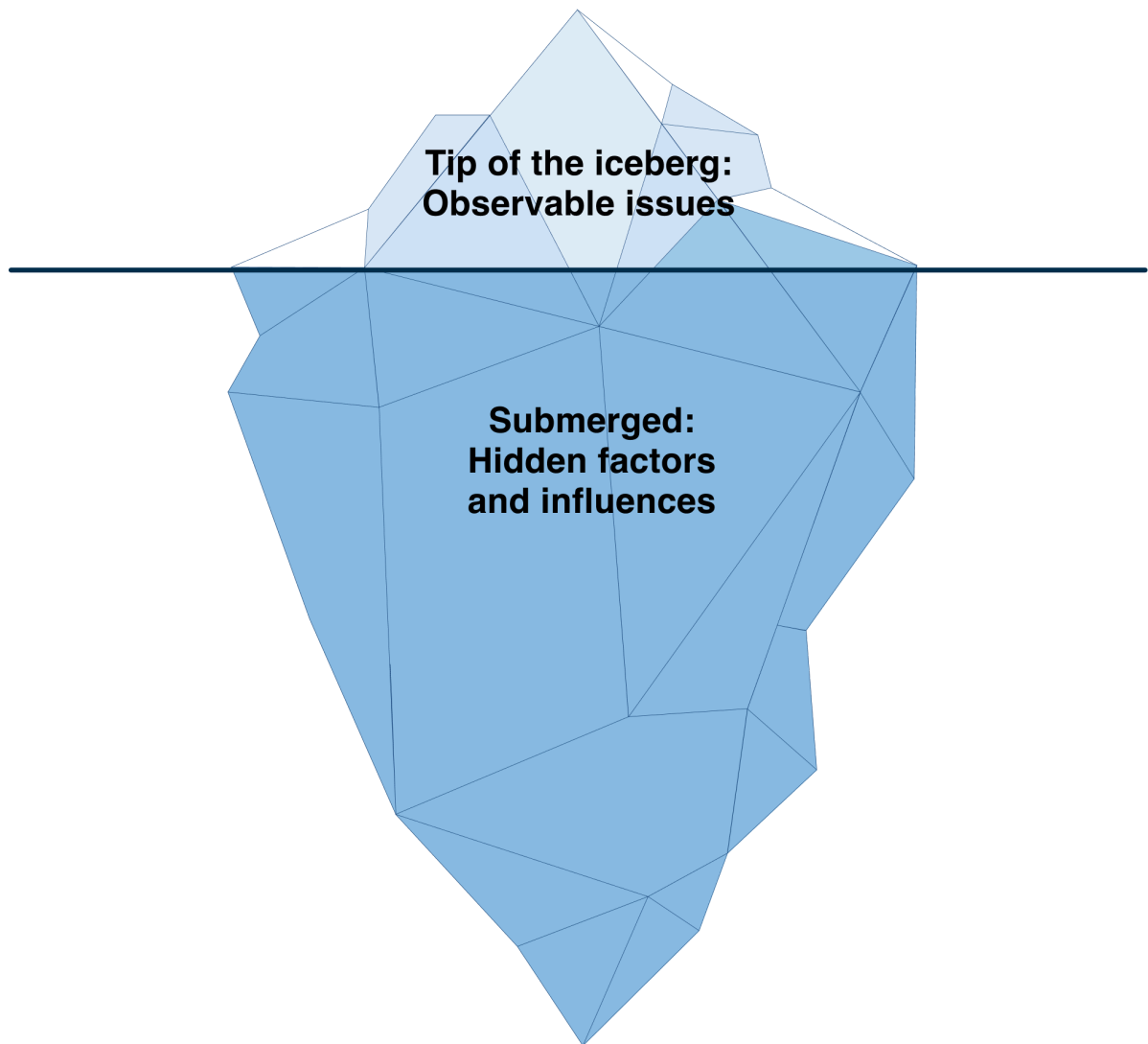


# The Iceberg Chart

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Primary concern(s)

Iceberg chart analysis



## 1. Surface-level factors (Tip of the iceberg)

*List the observable symptoms or issues immediately visible or reported by the patient.*

## 2. Below-the-surface factors (Submerged)

*Identify the hidden contributing elements such as lifestyle, environmental, or psychological factors that may not be immediately apparent but influence the surface-level issues.*

### Time line

*Note the duration and onset of key factors or symptoms to provide historical context.*

Factor	Duration	Onset

### Patient's perspective

*Record the patient's own insights, concerns, and self-identified factors affecting their health.*

### Treatment plan and next steps

*Outline the recommended interventions, therapies, and follow-up schedule.*

## Progress tracking

*Monitor observations, improvements, and challenges over subsequent visits.*

Date	Observations	Improvements	Challenges

## Additional notes