

Symptom Tracking Log

Suggestions: Keep the log for however many days or weeks it takes for symptoms to occur more than once. Note times of waking and going to bed, eating, exercise/activity, and onset and duration of any symptoms. Note the time of onset, duration and intensity of any exercise or activities, including sitting. Choose as few or as many variables to track as you like. Track symptoms such as pain episodes, bowel function, headaches, loss of balance, etc. to discover if they are linked with one or more of your variables.

Name _____ Day of Week _____ Date _____

TIME	VARIABLES TO TRACK: FOODS, SLEEP, SUPPLEMENT OR MEDICATION CHANGES, EMOTIONAL STRESSORS, EXERCISE, ETC.	SYMPTOMS TO TRACK: PAIN EPISODES, MUSCLE WEAKNESS, BOWEL CHANGES, SKIN RASHES, ETC.