

Symptom Tracker – Calendar Version

This calendar can be used as a tool to track your symptoms over time, as well as activities or things that make your symptoms worse or better. Over time, this information can be useful in helping you to better control your symptoms.



Instructions:

- Pick a time frame (like a month), a symptom to track (like fatigue) and use the calendar below to keep track.
- Each day, record:
 - 1) How strong or bad your symptoms were that day. Use a 0-10 scale for each symptom.
 - 0 means the symptom was not noticeable
 - 10 means the symptom was the worst it has ever been
 - 2) The time you spent doing daily activities or moving your body
 - 3) Any other stressors (things that you found stressful) or that may have affected the way you felt (like being late for work, or being worried about a family member)
- Sharing this calendar with your health care provider can be a helpful way to share how you are feeling
- This example below shows you how you could track your symptoms, activities and stressors over a 2-week period.

SYMPTOM TRACKER - EXAMPLE

Month: **August** My Symptom(s): **Pain**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Symptom: 3/10 Activities: 30 minute walk Stressors: Slept late	Symptom: 4/10 Activities: Got groceries Stressors: Worrying about finances	Symptom: 7/10 Activities: Mopped floors and cleaned windows Stressors: Worrying	Symptom: 9/10 Activities: Couldn't move – in too much pain Stressors: Feeling very frustrated	Symptom: 9/10 Activities: Still couldn't move Stressors: Very frustrated	Symptom: 7/10 Activities: Got dressed Stressors: Same	Symptom: 6/10 Activities: Got dressed, made bed Stressors: Finances still worrying me
Symptom: 4/10 Activities: Got dressed, made bed and supper sitting down Stressors: Nothing major today	Symptom: 3/10 Activities: Same as yesterday Stressors: Nothing major today	Symptom: 2/10 Activities: Same as yesterday; 5 min walk Stressors: Nothing major today	Symptom: 2/10 Activities: Same as yesterday; 5 min walk Stressors: Daughter called upset	Symptom: 3/10 Activities: Same as yesterday Stressors: Had argument with husband	Symptom: 4/10 Activities: 40 minute walk, fast Stressors: Slept late	Symptom: 5/10 Activities: Nothing –in too much pain Stressors: Argument with husband bothering me

SYMPTOM TRACKER

Month: _____ My Symptom(s): _____

[illegible]

[illegible]