Symptom Tracker

This symptom tracker will help you keep a record of your sleep, physical energy levels, and emotional states over the course of the month. Print it out and keep it somewhere convenient. Make sure to fill it out at the end of each day and then bring it with you to the next appointment to discuss with your doctor.

How many hours did you sleep last night?

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Rate your energy level for today.

If you felt like yourself, write **"M" for Me.** If you felt like you had more or less energy than usual, rate that using a scale from **"-5" for lowest energy** to **"+5" for highest energy.**

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Did you take medicine today? (Y/N)

Medicines taken: _____

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

How to use the Mood Chart:

At the end of each day, rate your mood by placing a dot in the box that best describes the highest or lowest mood you felt that day. If you have both high and low moods on the same day, place two dots.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
▲ High Mood																															
Me																															
Low Mood ▼																															

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Start Date: / /

Notes for your healthcare provider:

Write down any questions, concerns, or observations you might have for your doctor.