Symptom Tracker

Use this chart to keep track of symptoms you feel from day to day. Take it with you to your next checkup – so you can have an accurate and detailed conversation with your doctor about your health.

Symptom	**Severity**										**Notes**
Choose your main 5 symptoms and list then here.	Number the intensity of this symptom from 1 (not bad) to 5 (very bad).										List any details about this symptom that stood out to you or that you don't want to forget to tell your doctor.
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	
1											
2											
3											
4											
5											