Simple monthly symptom tracker

Month:_____

Use colours, symbols or numbers to rate how the symptom made you feel each day. Choose a pain or severity scale that makes sense to you and write it on the bottom of the page. Put this somewhere it is easy to see so you remember (e.g. on the fridge).

Symptom	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

My scale:

Symptoms, triggers and treatments tracker

You can use this to write down when you feel unwell to see if certain activities, foods or medicines trigger your symptoms or help you feel better. You can use numbers, symbols, colours or words to describe how you felt – just use the same scale each time.

Date & Time	What were you doing? (activities, certain foods, medicines)	What were the symptoms?	How long did it last?	How did you feel?	What did you do to try to help?	How did you feel after?