

Symptom tracker

How do I use this tracker?

This tracker is designed to help you record symptoms. You can bring this to your doctor appointments or share it with your care team so they can see patterns and make decisions together with you.

Each time you notice a symptom, add a new entry to the table below by filling out the date and time, a short description of the symptom, it's severity, it's start time and duration, any patterns, possible triggers and/or relievers, and the impact the symptom had on your daily life.

Important disclaimer

This checklist is for personal tracking and self-management support only and does not constitute medical advice or replace guidance from your medical team. If you are in any doubt, or if symptoms change or worsen, contact your medical team or local emergency services immediately.

Symptoms

Date and time	Start: Monday 06/10 noon End: Tuesday 07/10 morning
Symptom	Dizziness
Severity (1-10)	7
Start (first noticed) and duration	Start: 15/05, 8am, Duration: 30min
Patterns	Every morning after waking up
Triggers/ relievers	Fast movements
Impact on daily life	Support needed