Symptom Tracker

		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 pain level	3																															
	2																															
	1																															
	0																															
My fatigue level	3																															
	2																															
	1																															
	0																															
# of times I took relief meds	γ/n																															
I took my regular meds today	γ/n																															
I slept well last night	y/n																															
I rested when I could	y/n																															
I stretched / I was active	γ/n																															
I hydrated & ate well	y/n																															
I was mindful to reduce stress	γ/n																															
Stress level	0-3																															
Depression / anxiety level	0-3																															
Cognitive slowness/ fog level	0-3																															
I had trouble coping today	y/n																															
I had a virus/illness	y/n																															