SYMPTOMS LOG track symptoms you experience

SYMPTOM or SIGN e.g. Pain, Upper respiratory infection, migraine, tingling in toes, exhaustion, etc.	SEVERITY **MILD** (you did not take or do anything about it) **MODERATE** (you took or did something about it) **SEVERE** (you needed medical help, e.g. ER or Urgent Care)	START DATE & TIME	STOP DATE & TIME	WHAT DID YOU DO? & DID IT HELP? -Not at all -A little -A lot -Completely better

Symptoms: you experience them but they can't be measured by a test, like pain, fatigue, depression

Sign: this is something a test can measure, like blood pressure or an x-ray or a physical exam

If you TAKE SOMETHING for your symptom/sign, put it in the Medication Log.

NAME:_____ RECORD #:_____