



SYMPTOM AND EVENT DIARY

Use this table to keep a record of any changes in symptoms or specific events of new or worsening symptoms. Record the symptom or event, circle the severity score that is most appropriate and then add any extra information in the notes column. You can then take this with you when you see your doctor or nurse and discuss any changes in your symptoms. An example is shown in the top row of the chart

NAME: _____

Date	Symptoms/event	Symptom rating (1=mild, 5=severe)					Notes/comments
		1	2	3	4	5	
26/09/07	Waking in the night short of breath	1	2	3	4	5	Had to increase the number of pillows I have from 2 to 4.
		1	2	3	4	5	
		1	2	3	4	5	
		1	2	3	4	5	
		1	2	3	4	5	
		1	2	3	4	5	
		1	2	3	4	5	
		1	2	3	4	5	
		1	2	3	4	5	