

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.

DATE	SYMPTOMS / EVENTS	SYMPTOMS RATING 1 = mild / 5 = severe					COMMENTS / NOTES
		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	
		1	2	3	4	5	