## **Symptom Diary**

- Below is a sample diary you can use to track your symptoms. The questions at the top of the columns are typical questions used to describe symptoms.
- Be as specific and detailed as possible. Enter information for every time during the day that you experience the symptom (e.g. 9 am, 2pm and 8pm).
- If your symptom is nausea or loss of appetite, it might be helpful to keep a separate food diary, listing what you eat for breakfast, lunch and dinner each day.

Symptom:	
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Date & time	How bad was it? (on a scale of 0-10: 0=none; 10=worst possible)	<ul> <li>How long did it last?</li> <li>Is it constant or does it come and go?</li> </ul>	What were you doing when it happened?	What did it feel like?	<ul><li>Is there anything you did that made it better?</li><li>How well did this work?</li></ul>	Is there anything you did that made it worse?	Have you noticed any other physical problems with this symptom?	Other notes about how this symptom affects you.
	e.g. 4	e.g. lasts 1 hour, constant the whole time	e.g. eating, travelling to treatment, exercising	e.g. pain: throbbing, sharp, aching	e.g. ate slowly, short walks, deep breaths, rest, medication, physiotherapy	e.g. alcohol, caffeine, certain foods, skipping meals	e.g. dizziness, exhaustion, anxiety	e.g. daily activities, emotional wellbeing