

# Symptom Tracker

It's so important to keep track of symptoms, but it can also be so hard. Use this tool to help you keep an accurate record of your symptoms between visits with your healthcare team. Knowing how you're doing from week to week will help you and your doctor manage your MS.

## Common MS symptoms you may be experiencing

- ✓ Fatigue
- ✓ Pain
- ✓ Numbness
- ✓ Dizziness and vertigo
- ✓ Problems with memory or concentration
- ✓ Emotional changes/mood swings
- ✓ Depression
- ✓ Anxiety
- ✓ Vision problems
- ✓ Muscle spasms, stiffness, or weakness
- ✓ Problems with walking, balance, or coordination
- ✓ Sexual problems
- ✓ Bowel or bladder problems

## How to use the Tracker

- ✓ **Symptoms:** Write down symptoms you've experienced since your last visit
- ✓ **Date and time:** Try to write down the time of day you experienced each symptom
- ✓ **Is it new?** Answer yes or no
- ✓ **Duration:** Record how long each symptom lasted
- ✓ **Severity:** Check one circle
- ✓ **Effect on daily life:** Check one circle

# Symptom Tracker

Name \_\_\_\_\_

Date & time	Symptom (include location in body)	Is it new?	Duration (hours, days, weeks)	Severity (check one circle)	Effect on daily life (check one circle)
11/1	Numbness in leg	<input checked="" type="radio"/> yes	2 days	<input type="radio"/> very mild <input type="radio"/> severe <input checked="" type="radio"/> mild <input type="radio"/> very severe	<input type="radio"/> has no effect <input checked="" type="radio"/> it's hard to ignore <input type="radio"/> not too much <input type="radio"/> it has a serious effect
		<input type="radio"/> yes		<input type="radio"/> very mild <input type="radio"/> severe <input type="radio"/> mild <input type="radio"/> very severe	<input type="radio"/> has no effect <input type="radio"/> it's hard to ignore <input type="radio"/> not too much <input type="radio"/> it has a serious effect
		<input type="radio"/> yes		<input type="radio"/> very mild <input type="radio"/> severe <input type="radio"/> mild <input type="radio"/> very severe	<input type="radio"/> has no effect <input type="radio"/> it's hard to ignore <input type="radio"/> not too much <input type="radio"/> it has a serious effect
		<input type="radio"/> yes		<input type="radio"/> very mild <input type="radio"/> severe <input type="radio"/> mild <input type="radio"/> very severe	<input type="radio"/> has no effect <input type="radio"/> it's hard to ignore <input type="radio"/> not too much <input type="radio"/> it has a serious effect
		<input type="radio"/> yes		<input type="radio"/> very mild <input type="radio"/> severe <input type="radio"/> mild <input type="radio"/> very severe	<input type="radio"/> has no effect <input type="radio"/> it's hard to ignore <input type="radio"/> not too much <input type="radio"/> it has a serious effect
		<input type="radio"/> yes		<input type="radio"/> very mild <input type="radio"/> severe <input type="radio"/> mild <input type="radio"/> very severe	<input type="radio"/> has no effect <input type="radio"/> it's hard to ignore <input type="radio"/> not too much <input type="radio"/> it has a serious effect
		<input type="radio"/> yes		<input type="radio"/> very mild <input type="radio"/> severe <input type="radio"/> mild <input type="radio"/> very severe	<input type="radio"/> has no effect <input type="radio"/> it's hard to ignore <input type="radio"/> not too much <input type="radio"/> it has a serious effect
		<input type="radio"/> yes		<input type="radio"/> very mild <input type="radio"/> severe <input type="radio"/> mild <input type="radio"/> very severe	<input type="radio"/> has no effect <input type="radio"/> it's hard to ignore <input type="radio"/> not too much <input type="radio"/> it has a serious effect
		<input type="radio"/> yes		<input type="radio"/> very mild <input type="radio"/> severe <input type="radio"/> mild <input type="radio"/> very severe	<input type="radio"/> has no effect <input type="radio"/> it's hard to ignore <input type="radio"/> not too much <input type="radio"/> it has a serious effect