

# Neuropathy Symptom Tracker

Monitor peripheral neuropathy: numbness, tingling, and progression over time.

Name: \_\_\_\_\_

Date Range: \_\_\_\_\_

## Pain Scale Reference (0–10 NRS)



## Daily Neuropathy Symptoms

Rate symptoms 0–10 or mark present (''). Track progression over weeks.

Date	Numbness (0-10)	Tingling (0-10)	Burning (0-10)	Shooting Pain	Weakness	Balance	Sleep

## Affected Areas Progression

Track which areas are affected to monitor progression. Use: M=Mild, Mod=Moderate, S=Severe.

Date	Feet	Lower Legs	Hands	Forearms	Other	Symmetrical?

## Triggers, Blood Sugar, Medication Notes