

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