

Symptom Tracker

Track symptoms beyond pain: fatigue, sleep quality, mood, and daily functioning.

Name: _____

Date Range: _____

Daily Symptom Log

Rate each symptom 0–10 daily. Track patterns over time.

Date	Pain (0-10)	Fatigue (0-10)	Sleep Hrs	Sleep Quality	Mood	Brain Fog	GI Issues

Functional Impact

Date	Self-Care	Housework	Walking	Work/Activity	Social	Exercise

Triggers, Observations & Questions for Doctor