

Comprehensive Symptom Tracker

Track the complete picture of chronic illness: pain, fatigue, sleep, cognitive function, mood, physical symptoms, and functional impact — everything your provider needs beyond a pain diary.

Patient Information

Name:

Date Range:

Condition(s):

Current Medications:

1. Rating Guide — Use These Scales Consistently

Rate each symptom 0-10 daily. Anchor to function, not just feeling. Consistency matters more than precision.

Scale	0	2	4	6	8	10
Pain	None	Mild, ignorable	Distracting	Dominates thinking	Barely functional	Worst possible
Fatigue	Energised	Slight tiredness	Need rest breaks	Activity very hard	Mostly in bed	Cannot move
Sleep Qual	Refreshed	Mostly rested	Woke several times	Poor, unrefreshing	Barely slept	No sleep
Brain Fog	Clear	Slightly slow	Can't concentrate	Frequent mistakes	Can't read/follow	Disoriented
Mood	Great	Mostly okay	Noticeably low	Struggling	Very distressed	In crisis

2. Daily Symptom Log — Core Symptoms

Rate each symptom at the same time daily (evening recommended). Use the 0-10 scales above.

Date	Pain (0-10)	Fatigue (0-10)	Sleep Hrs	Sleep Qual (0-10)	Brain Fog (0-10)	Mood (0-10)	Energy (0-10)

3. Additional Physical Symptoms

Track symptoms specific to your condition. Rate 0-10 or use checkboxes. Add your own in the blank rows.

Date	Stiffness	Numbness / Tingling	Dizziness	Nausea / GI	Headache	_____	_____

4. Functional Impact — Rate Difficulty (0-5)

0 = No problem | 1 = Mild difficulty | 2 = Moderate | 3 = Significant | 4 = Very difficult | 5 = Could not do

Date	Self-Care	Housework	Walking	Work / Tasks	Social	Exercise

5. Medication & Treatment Log

Track medications, therapies, and interventions. Note which symptoms they helped or worsened.

Date	Medication / Treatment	Dose	Symptom Targeted	Relief (0-10)	Side Effects

6. Trigger & Correlation Tracker

Check potential triggers present each day. Review weekly to spot patterns.

Date	Poor Sleep	High Stress	Weather Change	Overexertion	Hormonal	Food Trigger	Other

7. Symptom Cluster Reference

Chronic illness symptoms cluster together. Use this guide to identify YOUR patterns.

Cluster	Core Symptoms	Common In	What to Watch For
Pain Cluster	Pain, stiffness, tension, swelling	Arthritis, fibro, CRPS	When pain rises, do stiffness and tension follow?
Fatigue Cluster	Fatigue, crash, sleepiness, exercise intolerance	ME/CFS, fibro, lupus	Post-exertional malaise the day after activity?
Cognitive Cluster	Brain fog, concentration, memory, word-find	Fibro, ME/CFS, MS	Does brain fog correlate with poor sleep nights?
Mood Cluster	Anxiety, depression, irritability	Any chronic condition	Bidirectional with pain -- each amplifies the other
Autonomic Cluster	Dizziness, nausea, temperature dysreg.	POTS, EDS, dysautonomia	Postural triggers? Time-of-day patterns?

8. Weekly Summary

Complete at the end of each week. This is what you bring to your doctor.

Week of: _____

Average pain this week (0-10): _____

Average fatigue this week (0-10): _____

Average sleep quality (0-10): _____

Worst symptom this week: _____

Best day — what was different? _____

Worst day — what triggered it? _____

Symptom clusters noticed: _____

Medication changes or effects: _____

Questions for Doctor / Observations / Correlations Noticed

Tips for Better Symptom Tracking

Track at the same time daily (evening is best). On bad days, rate just pain and fatigue — partial data beats no data.

Focus on 6-10 symptoms max. Review weekly for clusters. Create a one-page summary for appointments.

Good days are as important as bad days — they show your baseline and what helps. | Try Pain Tracker Pro: paintracker.ca