

Temperature and Symptom Log

Write your symptoms and temperature in the spaces below every day for 14 days.

DAY	DATE	SYMPTOMS	TEMP
DAY 1		*	
DAY 2		*	
DAY 3		* C	
DAY 4		* C	
DAY 5		* C	
DAY 6		* C	
DAY 7		*	
DAY 8		*	
DAY 9		*	
DAY 10		*	
DAY 11		* C	
DAY 12		*	
DAY 13		*	
DAY 14			