

Your symptom tracker

This log has been created to help you keep track of your symptoms. Fill out the chart below and bring to your next doctor's visit. You may want to make extra copies for future use. It is also recommended to have this tracker available for emergency hospital visits.

Date	Symptom(s)/general well-being	Description	Level of intensity 1=none 10=extreme	Report to health care provider? (Action for each flare)
1/1/21	Stomach pain	Cramping on the left side.	5	Left a message with the nurse
1/5/21	Diarrhea	Loose, watery, mucous involved; occurs after each meal.	7	Visited the doctor; they increased my medicine dose.
1/20/21	Number of bowel movements	2 bowel movements with blood or 6 bowel movements with no blood.	8	Spoke with the nurse; made appointment for office visit