

SYMPTOM RECORD

Use the table to keep a record of your symptoms. Use a 1-5 scale for the severity 1 being low and 5 being high. Down the left hand side insert the symptoms you're experiencing and along the top edge write the date. Simply print more pages if you want to record more than 10 symptoms. If you are recording pain it may be helpful to record each different type separately.

[illegible]

