

Symptom Tracker

This sheet can be a useful tool in helping to identify if the treatment you are trying is helping you to improve.

Pain/Symptom score: You can score in the morning or evening, or both. As a reference 0/10 is no pain, 5/10 is moderate and distressing, 10/10 is agonizing and unbearable. You can choose any score between 1 and 10.

Make a note of anything you tried or did that helped ease your pain or symptoms, or made them worse?

Week 1

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Treatment tried							
Exercises done							
Pain/Symptom Score out of 10							
Type of pain/symptom							
Did anything else help or make things worse?							

Week 2

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Treatment tried							
Exercises done							
Pain/Symptom Score out of 10							
Type of pain/symptom							
Did anything else help or make things worse?							

Week 3

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Treatment tried							
Exercises done							
Pain/Symptom Score out of 10							
Type of pain/symptom							
Did anything else help or make things worse?							