

Symptom Tracking: 12-Week Log



Weekly Side Effects Snapshot

Start Date: ____/____/____

Treatment: _____

A quick weekly check-in to help track side effects and support conversations with your care team.

Add symptoms from the list below. Rate each symptom daily: ● Mild (1-3) | ● Moderate (4-6) | ● Severe (7-10).
Leave blank if absent.

Symptom	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12

Common List of Symptoms

Fatigue, weight gain, neuropathy (CNS), low energy, muscle or joint aches, nausea, vomiting, diarrhea, constipation, weight loss, appetite loss, skin changes (rash, itching, dryness), swelling (face, hands, legs, or feet), mood changes (anxiety, low mood, irritability), focus, memory, or "brain fog" changes, headache, dizziness, shortness of breath, cough, or sleep changes.

Answer Y / N for each row weekly. For the last row, use ↑ Better, ↔ Same, or ↓ Worse.

Weekly Status Check	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
Treatment changes? (Y/N)												
New symptoms? (Y/N)												
Daily life affected? (Y/N)												
Vs Last Week: ↑ Better ↔ Same ↓ Worse												

Notes & Questions for Care Team

This information is provided for informational purposes only. It does not constitute medical advice, diagnosis, or treatment, and should not be used as a substitute for professional medical consultation. Always seek the advice of a qualified healthcare professional regarding your health.