

Symptom Tracking: 14-day Log



For treatment start, dose changes, or periods of increased side effects

A daily log to help notice patterns, triggers, and what helps.

Start Date: ____/____/____

Medication & Symptoms Check	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa
Medication taken as prescribed? (Y/N)														
New symptoms? (Y/N)														
What helped														
What Didn't Help														

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

Symptom	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa

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 or "brain fog" changes, headache, dizziness, shortness of breath, cough, or sleep changes.

Add triggers from the list below. Mark each day it occurred. Leave blank if none.

Possible Trigger	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa

Common List of Possible Triggers

Medication timing, dose changes, food or drink, activity, stress, sleep, or other factors.

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.