Symptoms and Side Effects Tracker

Tips for using this tracker:

- Categories are meant as a quick self-assessment
- Pain Level: 0 = No pain, 10 = Worst possible pain
- Appetite Scale: 0 = No appetite, 5 = Good/normal for you appetite
- Fatigue Scale: 0 = No fatigue, 5 = High/intense fatigue
- Sleep Quality Scale: 0 = Poor, 5 = Excellent

Looking for a digital version? A downloadable Excel template is available on our website if you prefer to sort, filter, and update electronically.

Date	Weight	Pain (1-10)	Nausea (Y/N)	Vomiting (Y/N)	Appetite (0-5)	Fatigue (0-5)	Jaundice (Y/N)	Stool Changes (Y/N)	Sleep Quality (0-5)	Medication Side Effects	Notes

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