



Use this log to monitor your symptoms, triggers, treatments, and how you're feeling over time. You can print this out or recreate it in a notebook, app, or spreadsheet.

Date

Time of Day (If tracking multiple times/day)

### Primary Symptoms Today

Tick all that apply

<input type="checkbox"/>	Neck pulling/twisting
<input type="checkbox"/>	Muscle spasms
<input type="checkbox"/>	Pain or soreness
<input type="checkbox"/>	Difficulty speaking
<input type="checkbox"/>	Difficulty swallowing
<input type="checkbox"/>	Trouble walking/balance issues
other	

### Severity rating (0-10)

0 = none, 10 = worst imaginable

	Muscle tightness
	Pain
	Fatigue
	Stress/anxiety
	Overall impact on daily function

### Triggers or Notable Events

Did anything make symptoms better or worse today?

<input type="checkbox"/>	Stress / Emotional upset
<input type="checkbox"/>	Poor sleep
<input type="checkbox"/>	Missed medication
<input type="checkbox"/>	Physical overexertion
<input type="checkbox"/>	Long periods sitting/standing
<input type="checkbox"/>	Environmental trigger (light, noise, weather)
other	

### Medications or treatments taken today

Include any changes or missed doses

Medication/treatment	Time taken	Notes (effects, side effects)

### Mood check-in

How've you been feeling mentally?

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### Anything worth flagging?

Questions, new symptoms, or side effects worth discussing with your doctor?

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Tip: Try filling this out at the same time each day (morning or evening) so it becomes part of your routine. Share it with your care team before appointments—it helps them spot trends and fine-tune your treatment plan.