pensio

Symptom Tracker

3 min

Log daily symptoms with severity and notes — identify patterns and have a ready record for healthcare visits.

*Note**: This is a place to record what you notice, not a medical record. It does not interpret anything you log, and it is not a substitute for professional medical advice, diagnosis, or treatment. Take any concern about your health to a doctor.*

SECTION 3

Date

SECTION 4

Symptoms Today

| Symptom | Severity (1–5) | Time of Day | Notes |

|---------|-----------------|-------------|-------|

| | | | |

| | | | |

| | | | |

= Mild · 2 = Moderate · 3 = Noticeable · 4 = Severe · 5 = Unbearable

SECTION 5

What might have triggered these symptoms?

SECTION 6

Medications / Treatments

SECTION 7

Sleep & Energy Level

Sleep last night: __ hours

Energy today: Low / Medium / High

SECTION 8

Notes for my doctor

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