




# Weekly Symptom Tracker

Week of: \_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

In the chart below, rank and record\* all of your or your child's daily symptoms. Then, bring it with you the next time you meet with a doctor.

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		___/___	___/___	___/___	___/___	___/___	___/___	___/___
 Morning	Time:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:
	Time:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:
 Afternoon	Time:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:
	Time:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:
 Evening	Time:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:
	Time:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:	<input type="radio"/> Pain ___ / 10 <input type="radio"/> Fever _____°F <input type="radio"/> Rash Other/notes:

\*Pain should be rated on a scale of 0 to 10, with 0 being no pain and 10 being the worst.



**DISCLAIMER:** This symptom tracker is not intended to offer medical advice or make a diagnosis. Only a doctor can determine what may be causing your or your child's symptoms. If you have questions or concerns about your or your child's health, please talk to a doctor.