



## SYMPTOMS LOG

<b>Date</b>	<b>Symptom/Severity</b> Describe how you felt & the intensity of your symptom	<b>Activity</b> What were you doing when the symptom occurred?	<b>Time of Day</b> Morning, afternoon, evening, during the night?	<b>Duration</b> How long did your symptoms last? (sec., min., hrs., all day)

*Convention: Record your symptoms when they occur; do not record lack of symptoms. You may want to also use the weekly diary.*

*Source: Vestibular Disorders Association ([vestibular.org](http://vestibular.org))*