

Convention: severity/duration (e.g. 1/3 = low/symptom lasted for hours)

Severity Scale: 1 = low, 2 = medium, 3 = high

Duration Scale: 1 = seconds, 2 = minutes, 3 = hours, 4 = all day

WEEK OF:

Symptoms

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes (time of day, place, triggers)
Anxious								
Brain Fog								
Depressed								
Dizziness								
Headache								
Hearing/Tinnitus								
Lightheaded								
Nauseous								
Ear Pressure								
Tired/Fatigued								
Unbalanced								
Vertigo								
Vision/Focus								

How I feel today

I feel good								
I feel OK								
I do not feel OK								
I feel pretty bad								
I feel awful								