symptoms tracker

Why use this symptoms tracker?

Because quality of life is important! If you are experiencing any discomfort, you may be able to treat those symptoms.

List the symptoms you are experiencing on the following pages, rank them 1-5 and make sure to share this information with your doctor. For fever and weight, write down the actual number. It's important to show him/her a pattern and to ask how you can minimize your discomfort.

Use the following list as a guide:

- Bone ache/pain
- Constipation
- Depression
- Diarrhea
- Dizziness
- Fatigue
- Fever
- Headache
- Incontinence
- Lymphedema/arm swelling
- Memory loss
- Mouth sores
- Muscle ache
- Nausea
- No appetite
- Numbness/tingling
- Pain
- Urinary pain/frequency/urgency
- Weight gain
- Weight loss
- If we missed any symptoms, please let us know by filling out the enclosed survey.

symptoms tracker

SYMPTOMS	nausea	headaches						
Date	Track your symptoms and rate them: 5, affecting you the most and 1, affecting you the least. For fevers and weight, write in the exact number below.							
2/4	3	5						
2/5	5	5						

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SYMPTOMS								

Date

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For additional pages go to www.CANCER101.org/sheets, or request them
by phone at (646)638-2202 or by email at info@CANCER101.org

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