

MS Symptom Tracker (continued)

	SUN	MON	TUE	WED	THU	FRI	SAT	<i>Add comments about your day including anything unusual.</i>
Area								
Spasticity Symptoms (such as muscle tightening, leg stiffness, cramping)								
Pain								
Emotional issues (such as anxiety, depression, irritability, mood swings)								
Tremor/Loss of Coordination (balance problems, shaking of head, hands or legs, clumsiness)								
EXAMPLES:								
Area	8/6	8/7	8/8	8/9	8/10	8/11	8/12	<i>Comments</i>
Mobility		3	4	3	5	3	3	<i>Had the flu</i>
Fatigue	5	5						<i>Ran out of Provigil 2 days</i>
Blurred Vision				2	2	2	2	<i>Heat wave</i>