MY SYMPTOM LOG

As you undergo treatment, it is likely that you will experience some side effects along the way. Many patients find that it is helpful to keep a journal about how they are feeling so that they can discuss any concerns with their care team. The symptom log below will help you to keep track of your symptoms, allowing you and your physician to identify trends related to your treatment schedule, activities and diet. You may use this log daily, weekly or only when you have symptoms that are significantly different than what is normal for you.

SYMPTOM / SIDE EFFECT	SEVERITY 1-10	ACTION OR MEDICATION TAKEN	NUMBER OF HOURS OF RELIEF	CALLED PHYSICIAN OR NURSE	COMMENTS / OBSERVATIONS