

Symptom Tracker

It's very important to keep track of symptoms you may experience, although it's not always easy. Use this tool to help you keep an accurate record of your symptoms between visits with your doctor/MS team. Knowing how you're doing from week to week will help you and your MS team manage your MS.

MS symptoms you may be experiencing include:

- Fatigue
- Pain
- Numbness
- Dizziness and vertigo
- Vision problems
- Muscle spasms, stiffness or weakness
- Problems with walking, balance or coordination
- Sexual problems
- Bowel or bladder problems
- Problems with memory or concentration
- Emotional changes/mood swings
- Depression
- Anxiety

How to use this symptom tracker

Symptoms: Write down any symptoms you've experienced since your last visit

Date and time: Try to write down the time of day you experienced each symptom

Is it new? Answer yes or no

Duration: Record how long each symptom lasted

Severity: Circle one number

Effect on daily life: Circle one number

This material is for adults with active relapsing-remitting multiple sclerosis (RRMS). The MS One to One support programme has been created and funded by Sanofi Genzyme and is a post-prescription service for adults prescribed a Sanofi Genzyme treatment.

Symptom Tracker

Name:

Date and time	Symptom (include location in body)	Is it new? (yes or no)	Duration (hours, days, weeks)	Severity (circle one number) 1: very mild 2: mild 3: severe 4: very severe	Effect on daily life (circle one number) 1: has no effect 2: not too much 3: hard to ignore 4: serious effect
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