Worksheet
Professional Version | US English

Symptom
Tracker

Description

Symptom trackers are a useful way of monitoring the presence or absence of symptoms over the medium-term. This generic *Symptom Tracker* includes spaces for clients to record symptoms over a one month period.

Instructions

The *Symptom Tracker* includes space to record symptoms of interest for one month. Each row represents one symptom (to be specified by the client), and each column represents one day of the month. Clients should be instructed to shade a box representing that symptom / day if a symptom was present, and to leave it clear if the symptom was absent. To record additional detail boxes can be half / completely shaded to represent mild / severe symptoms respectively.

Symptom Tracker

In the column on the left, write the symptoms that you want to monitor.
Record a symptom as present if you have experienced it at least once that day.

Month: _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Symptoms

☐ Symptom absent
◪ Symptom mild
■ Symptom severe

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Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.

Resource details

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