



MyGrayMatters Notebook Symptom Tracker



Date: _____ Estimated time: _____

Symptom: _____

Activity just before the symptom occurred: _____

Relative stress level before symptom: _____

Other notes: _____

Date: _____ Estimated time: _____

Symptom: _____

Activity just before the symptom occurred: _____

Relative stress level before symptom: _____

Other notes: _____

Date: _____ Estimated time: _____

Symptom: _____

Activity just before the symptom occurred: _____

Relative stress level before symptom: _____

Other notes: _____

Date: _____ Estimated time: _____

Symptom: _____

Activity just before the symptom occurred: _____

Relative stress level before symptom: _____

Other notes: _____

