



# 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: \_\_\_\_\_

