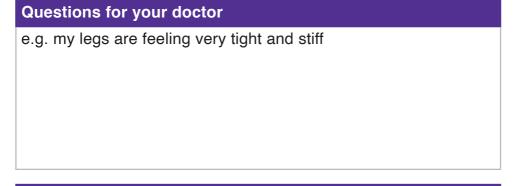
Symptom Diary

This diary is to help you record information about how you are feeling to share with your doctor. It may be that you have been referred to a neurologist, or you have seen a neurologist and are undergoing diagnostic tests.

Symptoms of MS may include: fatigue; pain; muscle stiffness or spasms; balance problems; weakness; numbness and tingling, or both; bladder and bowel problems; changes to vision; changes to thinking and memory; coordination issues. These symptoms are not unique to MS.

Recording symptoms can be helpful towards a diagnosis and to assist you in understanding what you are experiencing.



Other information

e.g. the stiffness makes it difficult for me to walk

Symptom diary

Date	Describe your symptom. How are you affected?	Is this a new symptom? Or one you have experienced before? Is it worse than previously experienced?	When did it start/stop?	Is the symptom constant or does it fluctuate? What makes it better or worse? (eg. heat, stress, time of day)	Score how the symptom affects you? One – not at all Five – extreme
eg. 01 Jul	eg. tight, stiff legs – difficult to walk	eg. I have experienced this before but not this tight/stiff	eg. a week ago and is continuous	eg. continuous but worse in the morning	eg. two/three