

## 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.

## Questions for your doctor

e.g. my legs are feeling very tight and stiff

## 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