

MS Symptom Tracker (continued)									
Area	SUN	MON	TUE	WED	THU	FRI	SAT	Add comments about your day including anything unusual.	
Spasticity Symptoms (such as muscle tightening, leg stiffness, cramping)									
Pain									
Emotional issues (such as anxiety, depression, irritability, mood swings)									
Tremor/Loss of Coordination (balance problems, shaking of head, heads or legs, clumsiness)									
EXAMPLES:									
Area	8/6	8/7	8/8	8/9	8/10	8/11	8/12	Comments	
Mobility		3	4	3	5	3	3	Had the flu	
Fatigue	5	5						Ran out of Provigil 2 days	
Blurred Vision				2	2	2	2	Heat wave	