CLEARPATH WEEKLY SYMPTOM DIARY

A detailed tracker for symptoms, patterns, and appointment preparation.

Patient Name: _____ **Date / Week Of:** _____

Weekly Goal: _____

PRO-TIP

Choose a goal that includes both an activity and a symptom target, such as "Keep pain below a 4 and walk to the corner 3 days this week."

1 SYMPTOM KEY & SHORTHAND GUIDE

Shorthand	Full Symptom Name
F	Fatigue
H	Headache
P	Chronic Pain

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2 SEVERITY SCALE & DESCRIPTORS

1-3 Mild	Barely noticeable; does not interfere with activities.
4-6 Moderate	Noticeable and distracting; may require you to change your plans.
7-9 Severe	Very intense; prevents most activities.
10 Emergency	Highest severity possible; seek immediate medical attention when appropriate.

Clinical note: Use specific words such as aching, sharp, dull, stabbing, tingling, or throbbing when describing symptoms.

3 DAILY SYMPTOM TRACKING GRID

Day	Symptom, Severity & Time	Activity / Medication Notes
Sunday		
Monday		

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Day	Symptom, Severity & Time	Activity / Medication Notes
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

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Look for patterns you can clearly describe at your next visit.

4 TRIGGERS & CONTEXT ANALYSIS

WHAT MAKES SYMPTOMS WORSE?

Note environmental factors, activities, meals, or timing that seem to increase symptoms.

WHAT MAKES SYMPTOMS BETTER?

Note medications, treatments, rest, heat/ice, stretching, or other actions that provide relief.

WEEKLY REFLECTION

TOP 3 PATTERNS FOR NEXT VISIT

CLEARPATH TIP

Bring this completed diary to your next appointment so you can share the patterns you observed and the questions you want addressed.