

# Symptom Tracker

**You should use a symptom tracker because your quality of life is important. By tracking your symptoms, you and your doctor can find ways to treat your health issues.**

List the symptoms you're experiencing on the following pages, rank them 1–5 and make sure to share the information with your doctor. For fever and weight, write down the actual number. It's important to show your doctor a pattern and ask how you can minimize your discomfort.

Use this list as a guide:

- Bleeding
- Bone ache/pain
- Constipation
- Depression
- Diarrhea
- Dizziness/falls
- Fatigue
- Fever
- Headache
- Hearing/vision changes
- Lymphedema/arm swelling
- Loss of appetite
- Memory loss
- Mouth sores
- Muscle ache
- Nausea/vomiting
- Numbness/tingling
- Pain
- Sexual changes
- Skin/nail changes
- Urinary changes
- Weight gain
- Weight loss



