



# Symptom Tracker

Day	Symptom	Severity (1-10)	Duration	Time of Day	Trigger	Meds Taken	Other Relief	Energy	Notes
6/12	Joint pain	5	3 hours	Morning	Cold weather	Naproxen	Heating pack	Low, fatigued	Right ring finger second joint

Day	Symptom	Severity (1-10)	Duration	Time of Day	Trigger	Meds Taken	Other Relief	Energy	Notes