MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Daily Symptom Monitoring Log

Use this daily log to monitor your symptoms:

- Write down the month you are monitoring at the top of the log
- Fill in the date (in the left column)
- Record your symptoms for each day of the month

Symptom self-check log – record your findings below
Month _____
Record pulse and blood pressure if directed by your provider.

Date	Weight	Change in breathing	Swelling	Fatigue	Change In appetite	Pulse	Blood pressure
Example: 12/01/20	*150 lbs*	*No*	*Yes, ankles*	*Yes*	*Yes*	*80*	*110/70*

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Heart image created by Lorie Gavulic
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