



Lupus.net Symptom Tracker

What symptoms are you experiencing today?

Date: _____ S M T W TH F S

 Pain	1 mild	2	3	4	5	6 moderate	7	8	9	10 severe
 Headache	1 mild	2	3	4	5	6 moderate	7	8	9	10 severe
 Fatigue	1 mild	2	3	4	5	6 moderate	7	8	9	10 severe
 Brain fog	1 mild	2	3	4	5	6 moderate	7	8	9	10 severe

 **Sleep quality**

Good

Moderate

Poor

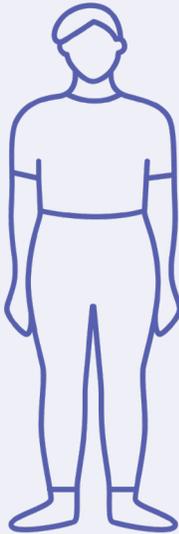
Mental health check

Anxiety

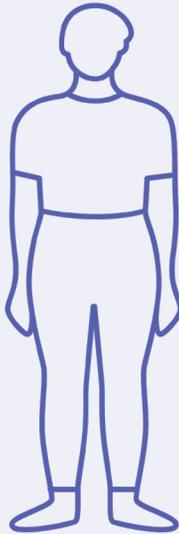
Depression

Overwhelming feelings

Mark below where you are experiencing symptoms.



Front



Back

Notes (symptoms, treatments I'm interested in, questions for my doctor, etc.):

“Practice self-compassion today, tomorrow, and always.”