

MY HEALTH TRACKER

How it works: Pick 4 different colors (1 for each category below: severe, moderate, minor, none) then each day rate your symptoms give the scale provided.

emotional feelings

- Sad
- Happy
- Hopeless
- Excited
- Irritable
- Feeling Inadequate
- Isolated
- Over-worked
- Lack of interest in hobbies
- Anxious
- Crying

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Sad																																
Happy																																
Hopeless																																
Excited																																
Irritable																																
Feeling Inadequate																																
Isolated																																
Over-worked																																
Lack of interest in hobbies																																
Anxious																																
Crying																																

Severe Moderate Minor None

physical feelings

- Change in Appetite
- Insomnia
- Hypersomnia
- Fatigue
- Headache
- Muscle Aches
- Abdominal Pain
- Hazy Vision
- Exercise
- Drank Plenty of Water
- Ate Healthy

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Change in Appetite																																
Insomnia																																
Hypersomnia																																
Fatigue																																
Headache																																
Muscle Aches																																
Abdominal Pain																																
Hazy Vision																																
Exercise																																
Drank Plenty of Water																																
Ate Healthy																																

Severe Moderate Minor None