You can make daily or weekly notations, or just write down anything significant when it happens. Using the rating system suggested, and comments, may help you spot trends and see how the side effects may be related to your treatment schedule, activities, diet, etc.

Symptom Codes:

S = sleep issues  
FA = fatigue  
P = pain  
F = fever  
MS = mouth sores  
C = constipation  
B = breathing problems  
A = appetite loss  
CO = cough  
E = emotional issues  
SW = swallowing issues  
(depressed, irritable/sad)  
MEM = memory/fogginess  
INT = Sexual interest or activity problems  
O = other (write in comments section)

Example of Personal Management Symptom Log

Name: James Smith  
Date of Chemotherapy: 6/25  
Week Starting: _______

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Symptom/Severity: D / 4 leg</td>
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<tr>
<td>Action/ Medication taken: ate soup</td>
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<tr>
<td>Relief? (circle one) Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
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<td>Y / N</td>
<td>Y / N</td>
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See the next page for your personal Symptom Management Log >
## Symptom Management Log

### Your Treatment | Kellogg Cancer Center

Name __________________________ Date of Chemotherapy _______________ Week Starting __________

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Comments: ____________________________________________________________

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