

Diabetes symptom tracker

You are changing your lifestyle, taking medication, and taking action to manage your chronic disease. Keeping track of the symptoms you experience will help inform you and your health care team if your current treatment regimen needs adjusting. Use this chart to keep track of your symptoms and share this information with your health care team at each visit. You can print extra copies if you need more pages.

Date	Symptom	How much this bothers you:				Ideas you've tried to feel better	Questions for your doctor	New ideas to try
		0 = not at all	1 = a little bit	2 = moderately	3 = a lot			