Multiple Sclerosis Symptom Log

Early identification of inadequate responses matter!

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Date	Symptom*	How much it bothers you 0 = not at all 1 = a little bit 2 = moderately 3 = a lot	How long does the symptom last?	Other factors (e.g., stress, lack of sleep, hunger)	Questions for your doctor

***Symptoms you may want to track include:** weakness, numbness, and tingling; fatigue; muscle spasticity; coordination and balance problems; speech issues; swallowing problems; depression; pain; cognitive issues (thinking, memory, and planning); vision changes; vertigo and dizziness; bladder problems; bowel problems; and sexual problems. These symptoms can be signs of inadequate responses if they persist or worsen while you're on treatment.

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