

My daily symptom diary

Each day (or as often as your GP or nurse says), fill out the table below.

For oxygen levels, heart rate, respiratory rate (breathing) and temperature, record the daily reading. For other symptoms, think about how the symptom is today, compared with the day before – and place the best letter to describe this:

same (S), better (B) or worse (W).

Signs and symptoms	EXAMPLE	Day 1	Day	Day	Day	Day	Day
	Day 1 10 December 2021 9.00 am						
 Oxygen level	95%						
 Heart rate (pulse)	90						
 Respiratory (breathing)	16						
 Temperature	37.1						
 Breathlessness	S						
 Cough	W						
 Muscle aches and pains	B						
 Headache	B						
 Fatigue	W						
 Vomiting or diarrhoea	B						
Intake							
 Food intake	B						
 Fluid intake	B						

