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

Signs and symptoms	Day										
Oxygen level											
Oxygen level											
Heart rate (pulse)											
Respiratory (breathing)											
Temperature											
Breathlessness											
Cough											
Muscle aches and pains											
"\(\bigsize \) Headache											
Fatigue											
Vomiting or diarrhoea											
Intake											
Food intake											
Fluid intake											

Signs and symptoms	Day										
Oxygen level											
Heart rate (pulse)											
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Temperature											
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Fatigue											
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Intake											
Food intake Fluid intake											
Fluid intake											