




## TRACKING YOUR SYMPTOMS

# How Are You Feeling Today?



When you're going through cancer treatment, you may experience some symptoms. These can be caused by cancer or treatment. Either way, it's important to share what you're experiencing with your health care team so they can help you.

Here are some tips that may help you better manage a few common symptoms:

-  **Fatigue** – feeling very tired or weak and you don't feel better even with rest
  - Quick naps of 30 minutes or less may give you an energy boost
  - Save energy by spreading out your errands and tasks throughout the day
  - Ask friends and family for help with tasks you find difficult
  - Exercise, walking, and enjoyable physical activities may help give you more energy and may help you feel better
-  **Mild diarrhea** – loose or watery stools 3 or more times a day
  - Drink plenty of water and other clear liquids, like broth, to keep yourself hydrated
  - Avoid certain foods, like dairy products, alcohol and caffeine, and spicy foods
  - Talk to your doctor about possible medicines that can help reduce diarrhea
-  **Nausea** – an unpleasant feeling in the back of the throat and stomach that can cause vomiting
  - Eat smaller, more frequent meals. Nausea may be worse on an empty stomach
  - Don't eat foods that are fried, greasy, spicy, or sweet
  - Drink clear liquids and ice-cold beverages

## HOW TRACKING MAY HELP

Tracking how you're feeling day to day will give your doctor a better idea of how you're doing on treatment. Be sure to mention if there's any symptom that bothers you or doesn't go away. Remember, you and your doctor are partners in treatment. Sharing how you feel can help your doctor make informed decisions.

Take a look at the example below, then go to the next page to begin filling out your own tracker.

Circle a number to rate how you feel, your energy level, and your mood.

The date you're filling in the tracker.

Write any symptoms you may be experiencing.

Use this space to write down your doctor's suggestions.

<b>DATE</b> 5/15	<b>SYMPTOMS</b> feeling really tired		<b>MY DOCTOR SUGGESTS</b> Try taking short naps	
<b>HOW I FEEL OVERALL</b>	<b>MY ENERGY LEVEL</b>	<b>MY MOOD</b>		
☹️ 1 2 3 (4) 5 😊	☹️ 1 2 (3) 4 5 😊	☹️ 1 2 (3) 4 5 😊		

1=poor 2=fair 3=good 4=very good 5=excellent

# Start Tracking Now

Below are daily trackers for 1 week. You can print as many as you'd like, fill them out, and take them to your next doctor appointment. Write down any suggestions your doctor makes for you.

<b>DATE</b>	<b>SYMPTOMS</b>		<b>MY DOCTOR SUGGESTS</b>
<b>HOW I FEEL OVERALL</b>	<b>MY ENERGY LEVEL</b>	<b>MY MOOD</b>	
☹️ 1 2 3 4 5 😊	☹️ 1 2 3 4 5 😊	☹️ 1 2 3 4 5 😊	

<b>DATE</b>	<b>SYMPTOMS</b>		<b>MY DOCTOR SUGGESTS</b>
<b>HOW I FEEL OVERALL</b>	<b>MY ENERGY LEVEL</b>	<b>MY MOOD</b>	
☹️ 1 2 3 4 5 😊	☹️ 1 2 3 4 5 😊	☹️ 1 2 3 4 5 😊	

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<b>HOW I FEEL OVERALL</b>	<b>MY ENERGY LEVEL</b>	<b>MY MOOD</b>	
☹️ 1 2 3 4 5 😊	☹️ 1 2 3 4 5 😊	☹️ 1 2 3 4 5 😊	

<b>DATE</b>	<b>SYMPTOMS</b>		<b>MY DOCTOR SUGGESTS</b>
<b>HOW I FEEL OVERALL</b>	<b>MY ENERGY LEVEL</b>	<b>MY MOOD</b>	
☹️ 1 2 3 4 5 😊	☹️ 1 2 3 4 5 😊	☹️ 1 2 3 4 5 😊	

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<b>DATE</b>	<b>SYMPTOMS</b>		<b>MY DOCTOR SUGGESTS</b>
<b>HOW I FEEL OVERALL</b>	<b>MY ENERGY LEVEL</b>	<b>MY MOOD</b>	
☹️ 1 2 3 4 5 😊	☹️ 1 2 3 4 5 😊	☹️ 1 2 3 4 5 😊	

**NOTES:** Write any additional information that you want to discuss with your doctor here.

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