

WEEKLY SYMPTOM TRACKER

thycansurvivors.org

An important part of being a survivor and patient is learning to be your own advocate. A way to start is by making sure you know daily habits, so that you can relay that to whomever is helping to make decisions about your health. Use this tracker to keep tabs on how you're feeling each day, as well as what you're eating and drinking. Be sure to write how you are feeling both mentally and physically. Take a few minutes to thoughtfully write down your answers.

SUNDAY

I ate _____ I drank _____

How did you feel? _____

MONDAY

I ate _____ I drank _____

How did you feel? _____

TUESDAY

I ate _____ I drank _____

How did you feel? _____

WEDNESDAY

I ate _____ I drank _____

How did you feel? _____

THURSDAY

I ate _____ I drank _____

How did you feel? _____

FRIDAY

I ate _____ I drank _____

How did you feel? _____

SATURDAY

I ate _____ I drank _____

How did you feel? _____

