MS SYMPTOM CHECKLIST

You may want to use this checklist to get organized for doctor visits and bring it with you to your appointments.

Since your last doctor visit

1. What symptom(s) have you experienced? When did the symptom(s) start? How long has it lasted? Has it changed?

2. Did you experience a new activity or a stressful event?

3. Is it new? If so, were you ill or did you have a fever when it developed?

4. On a scale of 1 to 5, how bad is it? 1 2 3 4 5 (Severe)





MS SYMPTOM CHECKLIST

MS Symptom	Is it old or new?	Is it worse?	How long did it last?
Vision problems			
Cognitive issues			
Sleep issues			
Pain			
Fatigue			
Depression			
Men's issues			
Spasticity			
Weakness			
Bowel/Bladder issues			
Sexual issues			
Walking/Balance			

MSLifeLines[®]

