## **Daily Symptoms Tracker**

This symptom log can help your provider understand your "COVID Story" and assist in deciding what recommendations to make about your health, and it can also help you to keep a record of your Long COVID symptoms.

Date	Symptom	How many mins/ hours does it last?	How many times per day?	Severity of symptom (mild/moderate/severe)	The symptom starts before or after I (activity or action)	I feel better when I (activity or action)	I feel worse when I (activity or action)

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