WINNING HEALTH

SPORTS MEDICINE, MUSCULOSKELETAL & ARTHRITIS CARE

Concussion Symptom Log

*Score yourself on the symptoms listed below based on how you feel now.

None	Mild	Moderate	Severe
0	1 2	3 4	5 6

Initial Date:	Initial symptoms	Current symptoms		Date		Date		Date	
			PM	AM	PM	AM	PM	AM	PM
Headache									
Neck pain									
Numbness in extremities									
Weakness in extremities									
Nausea									
Vomiting									
Balance problems									
Dizziness									
Fatigue									
Trouble falling asleep									
Sleeping more than usual									
Sleeping less than usual									
Drowsiness									
Sensitivity to light									
Sensitivity to noise									
Irritability									
Sadness									
Nervousness									
Feeling more emotional									
Feeling slowed down									
Feeling mentally foggy									
Difficulty concentrating									
Difficulty remembering									
Vision Changes									
Total Symptom Score									

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	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	
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Neck pain											
Numbness in extremities											
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