

Treatments affect everyone differently. Many are easily tolerated or treatable, while others may be more severe. Keep track of your side effects with this easy to use chart so that you may review the information at each visit with your healthcare professionals.

Print this tracker and fill it out. Make copies for as many weeks as your doctor feels you'll receive treatment. Then, put this side effects tracker on your refrigerator, in your bathroom, or somewhere handy to help you and your caregivers jot down your daily experiences.

Use this scale to note the severity of each symptom:



Date:	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Appetite Changes							
Bleeding							
Constipation							
Depression							
Diarrhea							
Hormonal Changes							
Nausea and Vomiting							
Pain							
Skin and Nail Changes							
Tiredness							
Other							
Other							
Other							