## DAILY SYMPTOMS

Monitoring symptoms is essential for managing the health of your thyroid effectively. The symptoms tracker can help you to keep track of them. Download and print our symptoms tracker in order to record your symptoms more accurately, so that you can discuss the details that are important for the health of your thyroid with your doctor.

## **SYMPTOMS ASSESSMENT**

X	Use an "X" to indicate the
	symptoms experienced
	during the week

<b>*</b>	Use a ☆ to
	indicate the date
	of your period

Use an "O" to indicate the date of any check-ups

Name						_ Age					
Hypothy start dat											
Date of s											
hypothyroidism (if prescribed by your doctor)  Don't worry if you have just started therapy and are still experiencing symptoms, it can take time for the therapy to become fully effective. It is nevertheless important to take your treatment regularly and follow your doctor's instructions.											
MONTH	JAN	FEB	MAR	APR	MAY	JUN					

OCT

NOV

DEC

AUG

JUL

SEP

	DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
tiredness																																
muscle fatigue and weakness																																
reduced tolerance of physical exertion																																
intolerance towards the cold																																
dry skin																																
hair loss																																
brittle nails																																
drowsiness																																
persistent sadness																																
irregular periods sexual dysfunctions																																
sexual dysfunctions																																
cramps and stiff or swollen joints																																
slow or irregular heart beat																																
hoarseness, lowered tone of voice																																
memory loss																																
concentration difficulties																																
increase in cholesterol values																																
constipation																																
fluid retention																																
miscellaneous																																
miscellaneous																																

