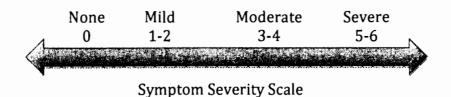
Concussion Symptom Log

You have been evaluated by a physician at Chapel Hill Pediatrics and Adolescents and are being treated for a concussion. To better track the concussion, your doctord has asked you to complete this log daily using the following scale. Do this at the same time each day, like at suppertime or just before bed. Please use only one number for each symptom. It is important that you bring this form with you to your next scheduled appointment. If you have any questions, please feel free to contact us at 919-942-4173.



Date:	Initial symptom	Current symptom				
Headache	- Cympion	2			 	
Neck Pain						
Numbness in extremities						
Weakness in extremeties					 	
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	C. William					
Feeling more emotional						
Feeling slowed down						
Feeling mentally foggy						
Difficulty concentrating						
Difficulty remembering						
Vision changes						
Total symptom						
score						

Date:				
Headache				
Neck Pain				
Numbness in extremities		 		
Weakness in extremeties				
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		 1.		
Nervousness				
Feeling more emotional				
Feeling slowed down				
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Difficulty concentrating				
Difficulty remembering				
Vision changes				
Total symptom				
score		 		

Adapted from materials developed by Nationwide Children's Hospital Sports Medicine