

Post-COVID Symptoms Log

Use this tool to keep track of your post-COVID symptoms and help your health care provider better understand how you are feeling.



Date	Symptom	Severity (Mild, Moderate, or Severe)	How often does it occur?	How long it lasts	It starts or gets worse when I do __ (activity/action)	It gets better when I do __ (activity/action)	Food or medications that help

Record other notes here (e.g changes that happen during menstrual cycle): _____

Date	Symptom	Severity (Mild, Moderate, or Severe)	How often does it occur?	How long it lasts	It starts or gets worse when I do __ (activity/action)	It gets better when I do __ (activity/action)	Food or medications that help

Record other notes here (e.g changes that happen during menstrual cycle): _____

