

SYMPTOM SCORING CHART

SCORE	SCORE DESCRIPTION	ACTIVITY RECOMMENDATION
1	It can't get any worse than this.	1,2,3 scores probably result from severe onset and activity level should be extremely carefully managed <u>OR</u> if following a relapse, activity to be drastically reduced or even STOPPED completely short term (a couple of days).
2	Severe symptoms all day.	
3	Severe symptoms with some lessening of symptoms (more Severe than Bad).	
4	Bad symptoms all day with some worsening to Severe symptoms (more Bad than Severe).	4,5,6 scores probably mean been overdoing it and need to decrease activity levels (activity been at "just about manage it level", rather than "sustainable level") <u>OR</u> may be due to a specific occasion which required extra activity <u>OR</u> unwell with a head cold for example.
5	Bad symptoms all day.	
6	Bad symptoms at times with some lessening of symptoms to Mild, <u>OR</u> Mild symptoms all day.	
7	Mainly symptom free. Symptoms that are Bad last only for a short time eg an hour or so on waking or in the evening, <u>OR</u> Mild and last slightly longer. Recovery from symptoms during same day may be noticeable.	7,8,9 scores are probably an indication that current level of activity is sustainable.
8	Just about symptom free all day.	
9	Symptom free all day and feel energised.	

The chart is not meant to be used to judge HOW MUCH you do, but rather how well you are at your current activity levels. The Symptom Score for each day can be entered onto the Daily Diary Grid to help monitor your progress.

We all have different interpretations as to what is a Severe, Bad or Mild day, and what this means in terms of Activity Recommendation. You could use the blank chart to fill in your own Score Descriptions and Activity Recommendations.

Alternatively you could use: 1 (Severe) 2 (Bad) 3 (Mild) and use + or – instead of numbers to make nine distinctive levels, as above.

It's important to be aware of daily variations. When recorded, scores can show reactions to lifestyle changes, activity, medications etc. Don't let it all blur into one.