

SYMPTOM SCORE CHART

SCORE	SCORE DESCRIPTION	ACTIVITY RECOMMENDATION

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.