

HEALthy Change 4 Life

Thyroid Symptom Tracker

Use this educational tracker to record symptoms and discuss changes with your healthcare provider.

Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Energy							
Sleep Quality							
Brain Fog / Focus							
Hair Changes							
Skin Changes							
Nail Changes							
Hot / Cold Sensitivity							
Heart Rate / Palpitations							
Weight / Appetite							
Notes							