

# LYME & MOLD SYMPTOM LOG

Month: \_\_\_\_\_

Pg. 1

Complete once per month or right before starting a new pulse.

Lyme Pulse #: \_\_\_\_\_

Put an "X" to mark your current frequency of symptom and the current severity.

Symptom	Current Frequency					Current Severity				NOTES
	NA	Never	Occasional	Often	Constant	None	Mild	Mod	Severe	
Swollen Glands										
Constant sore throat										
Fevers										
Sore soles especially in AM										
Joint Pain (hands, knees, hips, shoulders)										
Joint Swelling										
Joint Stiffness										
Unexplained back pain										
Muscle Pain / Cramps										
Muscle Weakness										
Facial Twitching										
Facial Paralysis										
Fatigue										
Confusion										
Difficulty Thinking										
Concentration Issues										
Word search, word block issues										
Forgetfulness, poor attention span										
Memory Issues										
Speech Errors										
Disorientation, getting lost										
Mood Swings, depression, irritability										
Anxiety / Panic Attacks										
Psychosis, hallucinations, bipolar										
Tremors										
Seizures										
Headache, migraine										
Light sensitivity										
Sound sensitivity										
Double or blurry vision, floaters										
Ear pain										
Ringing, buzzing in the ears										
Decreased hearing										
"Tippy" feeling										



Put an "X" to mark your current frequency of symptom and the current severity.

Symptom	Current Frequency					Current Severity				NOTES
	NA	Never	Occasional	Often	Constant	None	Mild	Mod	Severe	
Skin tingling, burning, or stabling pain										
Unavoidable need to sit										
Vertigo, motion sickness, nausea										
Stiff neck										
Neck pain										
Insomnia										
Excessive sleeping										
Napping during the day										
Dental Pain										
Unexplained Weight Gain										
Unexplained Weight Loss										
Unexplained Hair Loss										
Genital Pain										
Menstrual irregularity										
Bladder dysfunction										
Erectile dysfunction										
Loss of libido										
Breat pain, milking										
Queasy stomach										
stomach pain										
Constipation										
Diarrhea										
Heart Murmur										
Heart Palpiations of skips										
"Heart Block" on EKG										
Chest wall pain										
Congestion										
Breathlessness										
Chronic Cough										
Night sweats										
Symptom flares every 4 weeks										
Degree of disability										

Adapted from Advanced Topics in Lyme disease | Joseph Burrascano, MD

Board of Directors, International Lyme & Associated Diseases Society

For complete guidelines: [https://www.mybrainhealth.org/files/Lyme\\_check\\_list\\_06\\_01\\_12.pdf](https://www.mybrainhealth.org/files/Lyme_check_list_06_01_12.pdf)



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