

MdDS Symptom Log

Instructions:

1. Each evening, record the number (0–10) that describes your **overall** level of perceived movement (symptom severity) for the day.
2. Only use **perceived movement** to log your severity level. Record other symptoms (brain fog, fatigue) or things that affect your MdDS in the Notes section, which is optional.
3. At the end of the week, add your daily numbers and divide by 7 to get your **Weekly Average**.

4. To get your **Monthly Average**, add your four Weekly Averages together, then divide by 4.

_____ Week 1 Average

+ _____ Week 2 Average

+ _____ Week 3 Average

+ _____ Week 4 Average

Total _____ / 4 = _____ Monthly Average

Date	Day	Severity Level	Notes (Primary MdDS Symptom, Associated Symptoms, Modifiers)
	Sun		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
Week 1		Total:	Weekly Average:

Date	Day	Severity Level	Notes (Primary MdDS Symptom, Associated Symptoms, Modifiers)
	Sun		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
Week 3		Total:	Weekly Average:

Date	Day	Severity Level	Notes (Primary MdDS Symptom, Associated Symptoms, Modifiers)
	Sun		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
Week 2		Total:	Weekly Average:

Date	Day	Severity Level	Notes (Primary MdDS Symptom, Associated Symptoms, Modifiers)
	Sun		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
Week 4		Total:	Weekly Average:

No need for perfection! 4 weeks is all you need to calculate your monthly average.

