

SYMPTOMS TRACKER

Check your health two times each day (morning and night) for 14 days

	DATE	TIME	TEMP	COUGH	SHORTNESS OF BREATH	GI SYMPTOMS	SORE THROAT	MUSCLE ACHES	HEADACHES	NASAL CONGESTION
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										