Concussion Symptom Log

Rate on 0-6 intensity scale
0=not present, 1-2=mild, 3-4=moderate, 5=moderately severe, 6=severe

	Date	Date	Date	Date	Date	Date	Date	Date	Date
Symptoms	**Day of Injury**								
Cognitive									
Difficulty thinking clearly									
Difficulty concentrating									
Difficulty remembering									
Feeling slowed down									
Feeling sluggish or hazy									
Physical									
Headache									
Nausea									
Vomiting									
Balance problems									
Dizziness									
Fatigue									
Vision changes									
Sensitive to noise									
Sensitive to light									
Numbness or tingling									
Weakness in extremities									
Neck pain									
Emotional									
Irritability									
Sadness									
More emotional than usual									
Nervous									
Sleep									
Sleeping more than usual									
Sleeping less than usual									
Drowsiness									