

Brain Fog Symptom Tracker

How to Use This Tracker

Use this daily or weekly tracker to monitor symptoms of brain fog and identify possible patterns. Bring this log with you to your healthcare provider for a more detailed conversation.

1. Daily Log

Date: _____

Hours of sleep: _____

Hydration level (1-10): _____

Meals eaten (check): Breakfast ☐ Lunch ☐ Dinner ☐

Physical activity: _____

Stress level (1-10): _____

Screen time (hrs): _____

2. Symptom Checklist (Mark check if experienced today)

☐ Trouble concentrating

☐ Forgetting details or names

☐ Missed turns or destinations

☐ Difficulty reading or processing text

☐ Words seemed echoed or muted

☐ Mood changes (anxiety/irritability)

☐ Difficulty following conversations

☐ Feeling mentally 'disconnected'

☐ Cloudy or blurry vision

☐ Sudden fatigue or disorientation

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3. Notes & Patterns

Write down any triggers, observations, or notable improvements:
