



Teenage Concussion

Symptom Diary

This is a template to help you keep a record of when, where and why you are experiencing any symptoms to help you understand your injury and navigate your recovery.

Here are some possible symptoms to record:

Headache “Pressure in head” Nausea or Vomiting Sensitivity to light Sensitivity to noise
Neck pain Balance problems Dizziness Blurred vision More emotional Irritability
Sadness Nervous Anxious Confusion Feeling like “in a fog” Difficulty concentrating
Difficulty remembering “Don’t feel right” Feeling slowed down Drowsiness Fatigue
Low energy Trouble falling asleep

Also, a good way to keep track of any improvement in symptoms is to rate the severity on a scale of 1 to 10.

Try to record detail as to what you were doing when the symptom occurred so that you can know what activities are not so good to do.

Have this somewhere that super accessible for both you and your parents so that they can help keep it up to date.



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What was the symptom/s?	How bad was it?	When did it happen?	How long did it last?	Where and why? – What were you doing?