

Symptom tracker

When your child doesn't feel well, they may experience a variety of symptoms, some of which they can express and others that might be more difficult for them to describe. Here are some common symptoms that your child might feel and a chart that you can use to track them so you can share how they are feeling with their doctor.

Sore throat
Cough
Runny or stuffy nose
Body aches

Dizziness or lightheadedness
Chills
Fever
Headache
Stomachache

Exhaustion/Fatigue
Loss of appetite
Cranky or increased irritability
Difficult breathing
Rash

Chest pain
Ear pain
Sleep problems
Diarrhea or constipation

Here are some ways to ask your child how they are feeling and record things that made them feel better or worse.

Date	Time	I feel...	Pain (1-10)	How long did it last?	What made it better?	What made it worse?	Comments