



## Parkinson's Symptom & Medication Tracking Log

This simple log can help you and your healthcare team identify patterns between medication timing and symptoms. There is no need to fill in every box perfectly — even brief notes are helpful.

Date	Medication Name & Dose	Time Taken	Symptoms BEFORE Dose	Symptoms AFTER Dose	Notes / Patterns Noticed

### How to use this log:

- Note symptoms 30–60 minutes before and after medication.
- Include both **motor symptoms** (tremor, stiffness, slowness, balance) and **non-motor symptoms** (fatigue, anxiety, brain fog, mood changes).
- Pay attention to everyday context such as sleep, stress, hydration, meals, or changes in routine.
- Bring this log to your neurology appointments — it can guide more meaningful medication conversations.

*A gentle reminder: Fluctuation is not failure — it's information.*



