

Monitor and Track Your Symptoms ILD Personal Symptom Tracker

Keeping in tune with your body daily can help you recognize any changes in you how you feel and—ultimately—help you better manage your interstitial lung disease (ILD).

Circle "None," "Moderate," or "Severe" to describe the severity of each symptom listed below.

Dates:	S	Μ	Т	W	Т	F	S
Breathing: Shortness of breath; changes in breathing patterns	None Moderate Severe						
Coughing: Dry or persistent cough; increase or decrease in cough; sudden attack; change in sound or feel	None Moderate Severe						
GERD (gastroesophageal reflux disease): heartburn or acid reflux	None Moderate Severe						
Weight: Gradual or unintended weight loss	None Moderate Severe						

Dates:	S	Μ	Т	W	Т	F	S
Fatigue: Feeling weak or more tired than usual with no changes in routine	None Moderate Severe						
Aches and pains: Discomfort in muscles or joints	None Moderate Severe						
Sleep: Changes in sleep patterns, amount of sleep, or ability to sleep	None Moderate Severe						
Mood: Negative or positive changes in mood (from general sense of well-being to anxiety, fear, sadness, isolation, etc.)	None Moderate Severe						

Directions: Use the notes section to list any other symptoms or changes in your health.

Dates:

Notes

General changes: List any fluctuations in your life, including any changes in diet, exercise, supplemental oxygen, or other management techniques.

Directions: Use the notes section to list any other symptoms or changes in your health.

Dates:

Notes

General symptoms: Record any other symptoms you may have, including feeling generally unwell, skin rash, dry eyes or mouth, or rounding or widening of fingertips or toes (clubbing).

Other notes: Anything else you'd like to mention to your healthcare provider, including changes in how you feel, questions, goals, concerns, and more.

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