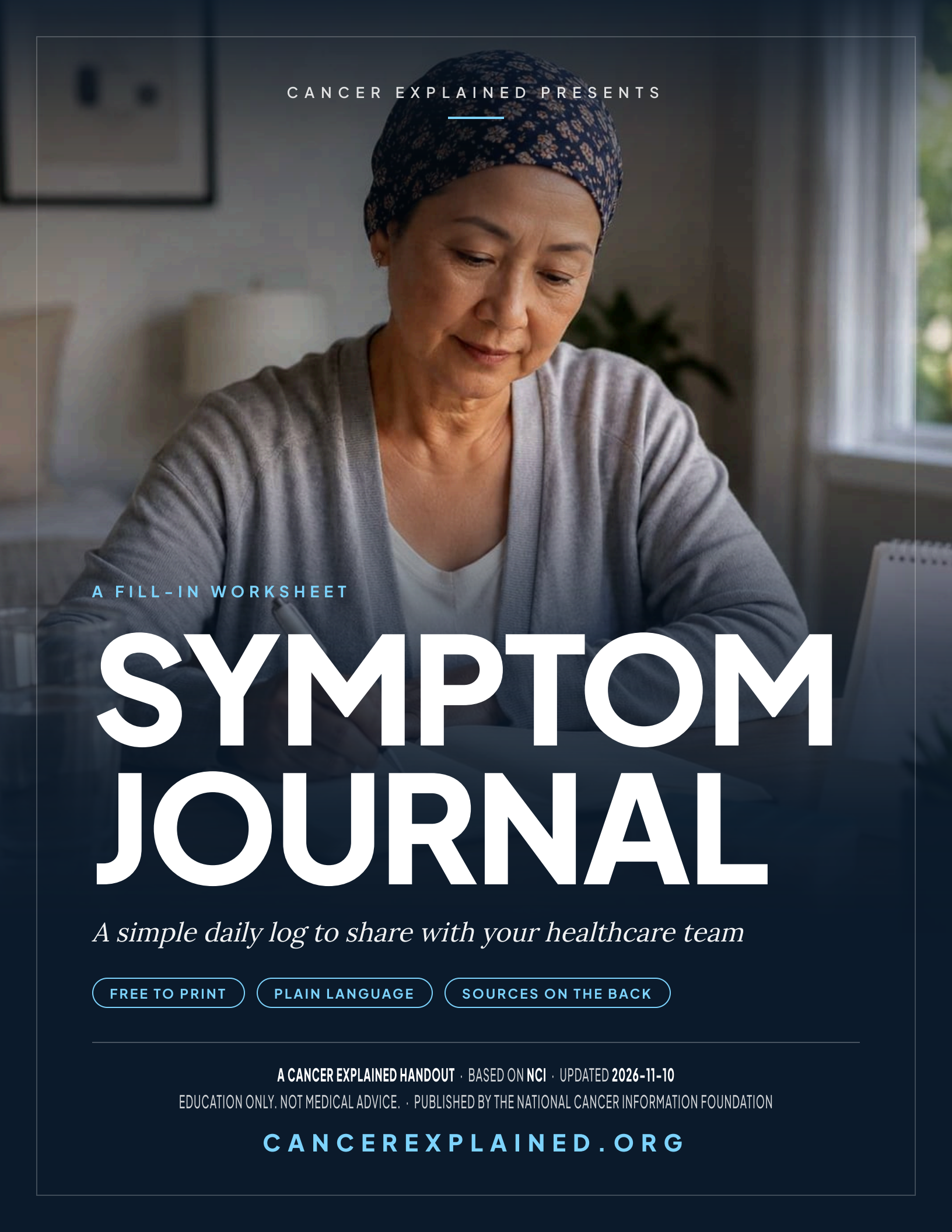


CANCER EXPLAINED PRESENTS

A FILL-IN WORKSHEET

SYMPTOM JOURNAL

A simple daily log to share with your healthcare team

FREE TO PRINT · PLAIN LANGUAGE · SOURCES ON THE BACK

A CANCER EXPLAINED HANDOUT · BASED ON **NCI** · UPDATED **2026-11-10**

EDUCATION ONLY. NOT MEDICAL ADVICE. · PUBLISHED BY THE NATIONAL CANCER INFORMATION FOUNDATION

CANCEREXPLAINED.ORG

CANCEREXPLAINED.ORG · A FILL-IN WORKSHEET

Symptom Journal

A simple daily log to share with your healthcare team

1 Each day, note

Date and time: _____

What you noticed (e.g. tiredness, pain, appetite change):

_____

Where in the body, if it has a location: _____

How strong it felt on a 0–10 scale: _____

How long it lasted, and whether anything made it better or worse:

_____

2 Helpful details to add

- ☐ Sleep: roughly how many hours, and how rested you felt.
- ☐ Eating and drinking: meals kept down, appetite, water intake.
- ☐ Activity: what you could or couldn't do that day.
- ☐ Mood: a word or two about how you felt overall.

3 Using your journal

Bring it to every appointment — patterns over days are easier to discuss than memories.

Ask your healthcare team which symptoms they want you to track and which to report right away.

Ask what number to call if something worries you between visits:

_____

My symptom log

Date and time	What I noticed	0–10	How long it lasted	What helped or made it worse

THE BOTTOM LINE

You don't have to decide what matters — write it down and let your healthcare team help you sort it out.

Sources: NCI: Coping with cancer (cancer.gov/about-cancer/coping)

Learn more in plain language: cancerexplained.org/symptoms/cancer-symptoms · **Updated:** 2026-11-10

This handout is for education only and is not medical advice. Talk with a qualified healthcare professional about what is right for you. Free to copy and share for non-commercial education.