To better track your child's concussion, please complete the daily log using the following scale. Use only one number for each symptom.

None	Mild		Moderate		Severe	
0	1	2	3	4	5	6

	Initial Symptoms	Current Symptoms							
Date:									
Symptom									
Headache									
Neck Pain									
Numbness in Extremities									
Weakness in Extremities									
Nausea									
Vomiting									
Balance Problems									
Dizziness									
Fatigue									
Trouble Falling Asleep									
Sleeping more than usual									
Sleeping less than usual									
Drowsiness									
Sensitivity to Light									
Sensitivity to Noise									
Irritability									
Nervousness									
Sadness									
Feeling more emotional									
Feeling slowed down									
Feeling mentally foggy									
Difficulty concentrating									
Difficulty remembering									
Vision Changes									
Total Symptom Score									

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