YOUR DAILY TRACKER



Use this journal to record your daily experiences...to help your healthcare provider better understand your Parkinson's disease

Whenever you visit your healthcare provider, it's important to come prepared with as much information as possible. You can use this tracker to keep a record of your daily experiences so you can show them at your next visit. Your healthcare provider may better understand your challenges and treatment plan based on what your daily tracker looks like.

What can you track every day? It's important to record ordinary activities like sleeping and eating. You can also record your response to medications and your symptoms, such as those defined on the next page.



Some Parkinson's symptoms

Key terms to help track your symptoms and response to medications:

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when medication is providing benefit with regard to mobility, slowness, and stiffness

"On" time with troublesome dyskinesia

when medication is providing benefit, but you have involuntary turning, twisting movements that interfere with function or cause discomfort

"Off" time

when medication has worn off and no longer provides benefit with regard to mobility, slowness, and stiffness

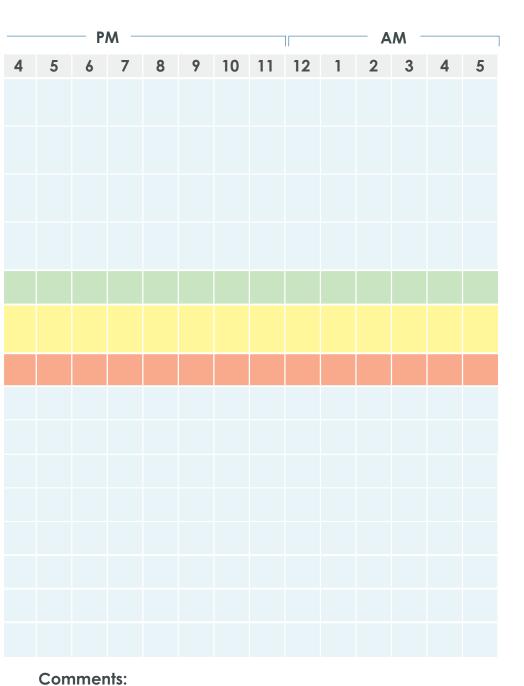
Freezing

sudden immobility

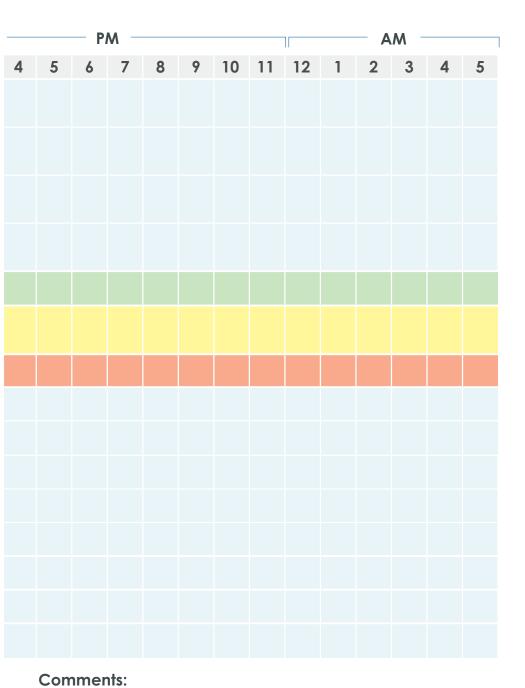
Sleep disturbance

when you can't fall asleep or you wake up and can't go back to sleep

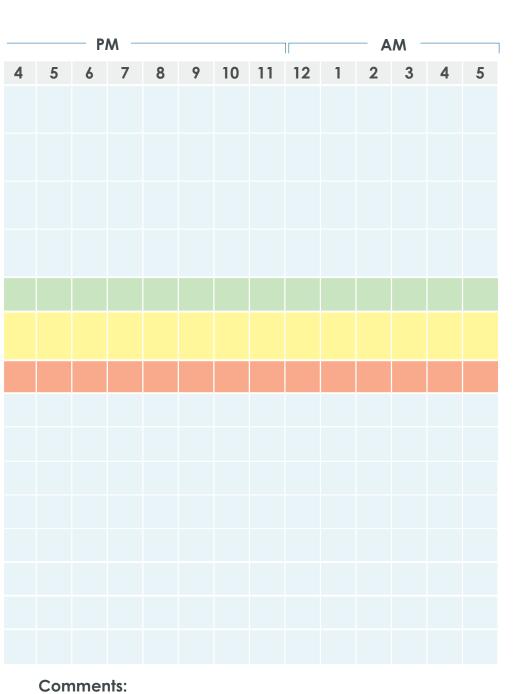
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	Sleep disturbances										
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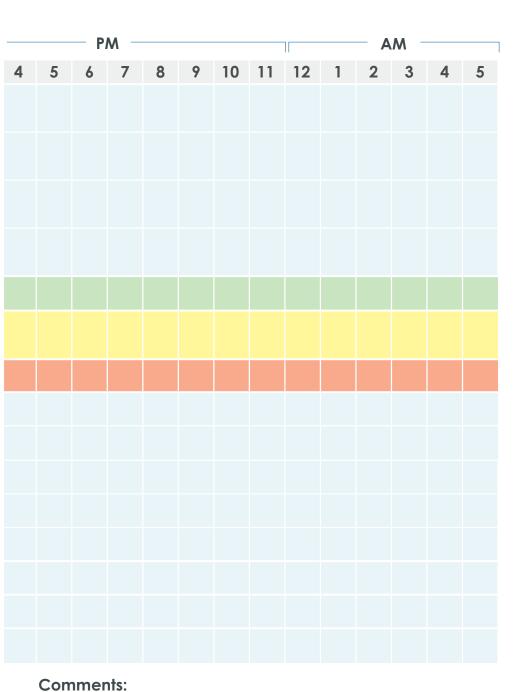


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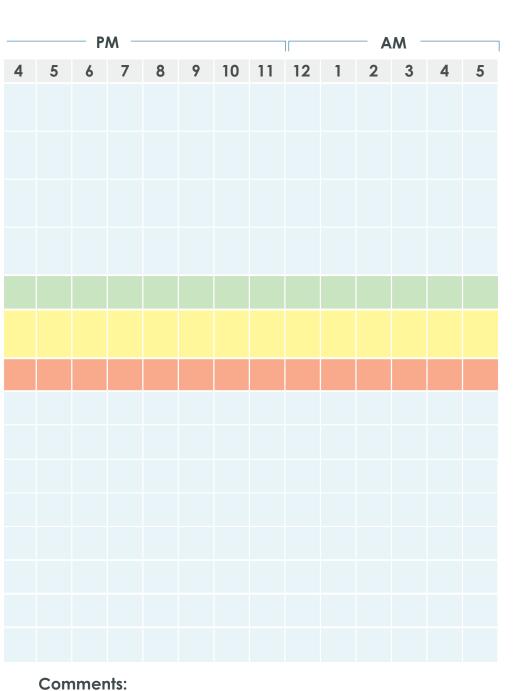


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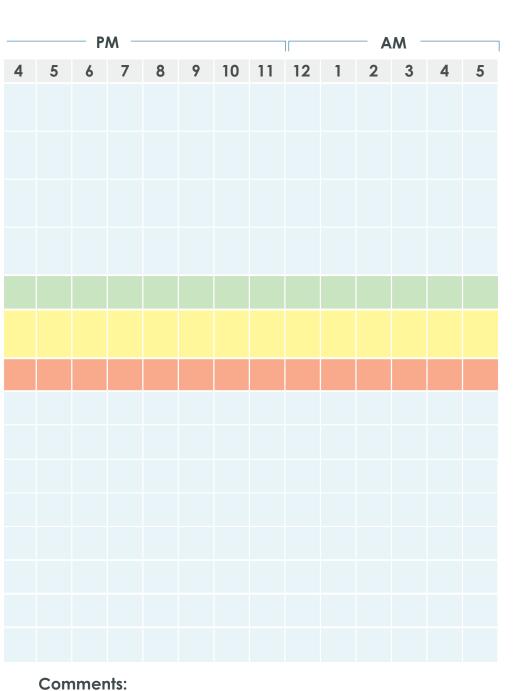
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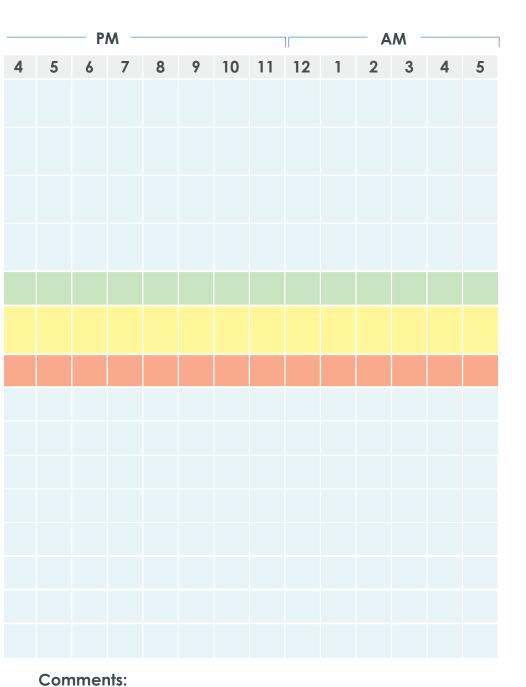
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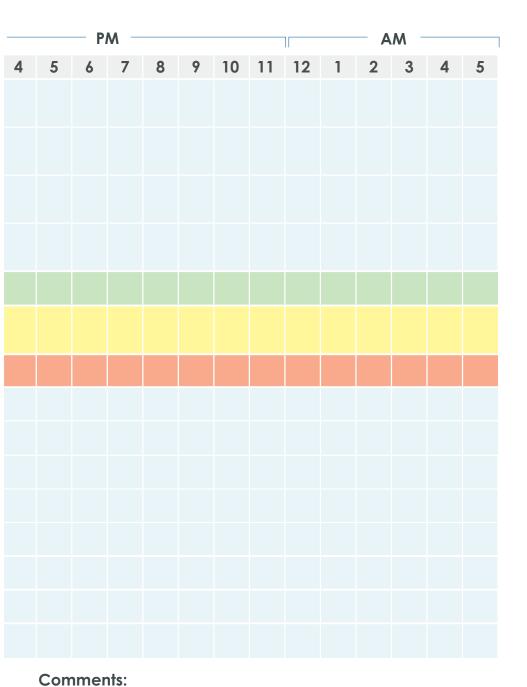
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