

Exercise Journal

Name: _____

[illegible]

List of common symptoms:

Headache
Nausea
Vomiting
Balance Problems
Dizziness
Fatigue
Trouble falling asleep (last night vs. tonight)
Excessive Sleep
Drowsiness
Sensitivity to Light
Sensitivity to Noise
Irritability
Sadness
Nervousness
Feeling more emotional
Numbness or tingling
Feeling "slow"
Feeling "foggy"
Difficulty concentrating
Difficulty remembering
Visual Problems