



P.O. Box 590146 – Birmingham, AL 35259 – 1.833.473.5465

October 2022

Parkinson’s Symptoms Diary

Many symptoms of Parkinson’s can be bothersome and interfere with day-to-day quality of life. Patient and family observations can help the medical team make a care plan. Fill out this worksheet and share it with providers to see if there is a pattern to when Parkinson’s Symptoms Occur.

List the symptoms you want to track – e.g., tremor, dyskinesia, anxiety – in the top row. When those symptoms occur, fill in the number that corresponds to the severity at that time. Write medication names and doses next to the times at which the person with Parkinson’s takes them. Put an X (or list foods) in the “meal” column at mealtimes.

Put an “X” in the “Sleep” column when the person with Parkinson’s sleeps.

- 0 – None
- 1 – Slight or Mild
- 2 – Moderate
- 3 – Severe, Very Bothersome

NAME: _____ YEAR DIAGNOSED: _____

| Time | Medication | Meal | Sleep | Symptom 1: _____ | Symptom 2: _____ | Symptom 3: _____ | Notes |
|---------|------------|------|-------|------------------|------------------|------------------|-------|
| 5am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 5:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 6am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 6:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 7am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 7:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 8am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 8:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 9am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 9:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 10am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 10:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 11am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 11:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 12pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 12:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 1pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 1:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 2pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 2:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 3pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |



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| | | | | | | | |
|---------|--|--|--|---------|---------|---------|--|
| 3:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 4pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 4:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 5pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 5:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 6pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 6:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 7pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 7:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 8pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 8:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 9pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 9:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 10pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 10:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 11pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 11:30pm | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 12am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 12:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 1am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 1:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 2am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 2:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 3am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 3:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 4am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |
| 4:30am | | | | 0 1 2 3 | 0 1 2 3 | 0 1 2 3 | |

For a word version of this form, contact Brooklyn White at brooklyn@parkinsonalabama.org