



MONITOR AND TRACK YOUR SYMPTOMS

IPF PERSONAL SYMPTOM TRACKER

Keeping in tune with your body daily can help you to better manage your IPF.

Directions: Circle “None,” “Moderate,” or “Severe” to describe the severity of each symptom listed below.

Dates: _____	S	M	T	W	T	F	S
Breathing: Shortness of breath; changes in breathing patterns	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe
Coughing: Dry, hacking, or persistent cough; increase or decrease in cough; sudden attack; change in sound or feel	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe
GERD: (Gastroesophageal reflux disease): heartburn or acid reflux	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe
Weight: Gradual or unintended weight loss	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe
Fatigue: Feeling weak or more tired than usual with no changes in routine	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe
Aches and Pains: Discomfort in muscles or joints	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe
Sleep: Changes in sleep patterns, amount of sleep, or ability to sleep	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe
Mood: Negative or positive changes in mood (from general sense of well-being to anxiety, fear, sadness, isolation, etc.)	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe	None Moderate Severe

