# Self-Monitoring Tracking Log

**COVID DAILY SELF MONITORING** **NAME:**_____

**SYMPTOMS TRACKING**

| Take and record your temperature daily. ☑ Tick off any symptoms. Describe as better, worse, same, other… | Well No Symptoms | *Temperature (°C) | Chills | Cough | Short of Breath / Difficulty Breathing | Hoarse Voice | Sore Throat | Malaise / Fatigue | Muscle Pain | Upset Stomach/ Vomiting | Diarrhea | Headache | Runny Nose | Loss of Smell/Taste |
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