

SYMPTOM RATING CHART

RATING No	RATING DESCRIPTION	ACTIVITY RECOMMENDATION

The chart is not meant to be used to judge HOW MUCH you do, but rather how well you are at your current activity levels. The Symptom Rating Number for each day can be entered onto the Daily Diary Grid to help monitor your progress.

We will all have different interpretations as to what is a Severe, Bad or Mild day, and what this means in terms of Activity Recommendation. Use the blank chart to fill in your own Rating Descriptions and Activity Recommendations.