

SYMPTOM RATING CHART

RATING No	RATING DESCRIPTION	ACTIVITY RECOMMENDATION
1	It can't get any worse than this.	
2	Severe symptoms all day.	
3	Severe symptoms with some lessening of symptoms (more Severe than Bad).	
4	Bad symptoms all day with some worsening to Severe symptoms (more Bad than Severe).	
5	Bad symptoms all day.	
6	Bad symptoms at times with some lessening of symptoms to Mild, <u>OR</u> Mild symptoms all day.	
7	Mainly symptom free. Symptoms that are Bad last only for a short time eg an hour or so on waking or in the evening, <u>OR</u> Mild and last slightly longer. Recovery from symptoms during same day may be noticeable.	
8	Just about symptom free all day.	
9	Symptom free all day and feel energised.	

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 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 this chart to fill in your own Activity Recommendations.