

Your Symptoms Diary

How to use this diary

This diary is a tool to help you track symptoms you may experience and share them with your doctor. Check the days you experience particular symptoms each week. You can also rate the overall severity of a symptom on a scale of 1-10, with 1 being mild and 10 being the most severe. If symptoms are severe or persistent, please call your doctor immediately.

Rectal Bleeding/ Black or Dark Stool	Monday		Monday		Monday		Monday	
	Tuesday		Tuesday		Tuesday		Tuesday	
	Wednesday		Wednesday		Wednesday		Wednesday	
	Thursday		Thursday		Thursday		Thursday	
	Friday		Friday		Friday		Friday	
	Saturday		Saturday		Saturday		Saturday	
	Sunday		Sunday		Sunday		Sunday	

How would you rate the severity of this symptom overall?

Rate (1-10)

Diarrhea/ Constipation (mark with D or C)	Monday		Monday		Monday		Monday	
	Tuesday		Tuesday		Tuesday		Tuesday	
	Wednesday		Wednesday		Wednesday		Wednesday	
	Thursday		Thursday		Thursday		Thursday	
	Friday		Friday		Friday		Friday	
	Saturday		Saturday		Saturday		Saturday	
	Sunday		Sunday		Sunday		Sunday	

How would you rate the severity of this symptom overall?

Rate (1-10)

Change in Stool Consistency (eg: narrower, dark patches)	Monday		Monday		Monday		Monday	
	Tuesday		Tuesday		Tuesday		Tuesday	
	Wednesday		Wednesday		Wednesday		Wednesday	
	Thursday		Thursday		Thursday		Thursday	
	Friday		Friday		Friday		Friday	
	Saturday		Saturday		Saturday		Saturday	
	Sunday		Sunday		Sunday		Sunday	

How would you rate the severity of this symptom overall?

Rate (1-10)

Abdominal Discomfort	Monday		Monday		Monday		Monday	
	Tuesday		Tuesday		Tuesday		Tuesday	
	Wednesday		Wednesday		Wednesday		Wednesday	
	Thursday		Thursday		Thursday		Thursday	
	Friday		Friday		Friday		Friday	
	Saturday		Saturday		Saturday		Saturday	
	Sunday		Sunday		Sunday		Sunday	

How would you rate the severity of this symptom overall?

Rate (1-10)

Weakness/ Fatigue	Monday		Monday		Monday		Monday	
	Tuesday		Tuesday		Tuesday		Tuesday	
	Wednesday		Wednesday		Wednesday		Wednesday	
	Thursday		Thursday		Thursday		Thursday	
	Friday		Friday		Friday		Friday	
	Saturday		Saturday		Saturday		Saturday	
	Sunday		Sunday		Sunday		Sunday	

How would you rate the severity of this symptom overall?

Rate (1-10)

Have you noticed other symptoms?

You may find you've had other symptoms, like anemia, unexplained weight loss or vomiting. Keep track of how these symptoms are affecting your daily life, or jot down anything else you'd like your doctor to know. These symptoms may require a colonoscopy for diagnosis. Do not be shy about asking for a colonoscopy, a referral to a gastroenterologist, or a second opinion. And regardless of these diary results, if you're high risk or 45+ and haven't been screened, call your doctor.

ccalliance.org | Helpline: (877) 422-2030

The Colorectal Cancer Alliance is a national organization committed to ending colorectal cancer within our lifetime. We are your allies — a national network of passionate survivors, caregivers and advocates dedicated to helping you and your family navigate all aspects of the disease, from diagnosis and treatment to a lifetime of progression-free survival. We are a community of people eager to share experiences, address your concerns, and answer your questions. We understand the different stages of the colon cancer journey because we've been there. We are here for you when you need us because we believe tomorrow can't wait.

