



Ménière's Disease Monthly Symptom Diary

For each day of the month, please rate your activity level, vertigo score, and stress level according to the rating scale below. You can print as many copies of this as you need. This symptom diary will help both you and your doctor track the severity of your symptoms over time.

Name: _____ **Month:** _____ **Year:** _____

Current Treatment Method: _____ **Started on:** _____
 (e.g., diet, medications, etc)

1	2	3	4	5	6	7
Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:
Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:
Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:
8	9	10	11	12	13	14
Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:
Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:
Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:
15	16	17	18	19	20	21
Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:
Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:
Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:
22	23	24	25	26	27	28
Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:	Activity Level:
Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:	Vertigo Score:
Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:	Stress Level:
29	30	31	RATING SCALE			
Activity Level:	Activity Level:	Activity Level:	Activity Level:		Vertigo Score:	Stress Level:
Vertigo Score:	Vertigo Score:	Vertigo Score:	0 Normal Activity		0 None	0 None
Stress Level:	Stress Level:	Stress Level:	1 Slight Limitation		1 Mild	1 A Little Stressed
			2 Moderate Limitation		2 Moderate	2 Moderately Stressed
			3 Sick at Home		3 Severe	3 Very Stressed
			4 Bedridden		4 Worst Attack Ever	4 Extremely Stressed