



# The TBI Consultant, LLC

## Free Bonus Gift #3

### ACTIVITY LOG

While it is very important for you to bring your completed Symptom Checklist and Headache Diary to your doctor appointments, keeping an Activity Log will help you (and therefore your medical provider) pinpoint what is triggering your symptoms. You can use this for any mood symptoms (anxiety, panic attacks, etc.), pain symptoms, cognitive symptoms (memory problems, word-finding difficulties, processing difficulties, etc.), sleep problems, or any symptom you or your doctor would like to learn more about. In the example below, I documented an anxiety/panic attack, a headache, and confusion.

You can print as many copies as you need of the Activity Log on the next page.

### SAMPLE ACTIVITY LOG

<b>Date/Time</b>	08/01/22 4:30 p.m.	08/04/22 afternoon	08/07/22 9:00 a.m.
<b>Symptom</b>	Panic attack	Migraine	Confusion
<b>What was happening when the symptom started?</b>	Riding in car. Truck almost hit us.	Watching son's noisy baseball game in bright sun	Couldn't understand why son wanted me to get in the car
<b>Other symptoms during that episode</b>	Sweating, heart beating fast, crying, shaking	Throbbing head, nausea, light sensitivity	Forgot I had a doctor appt.
<b>Emotions or thoughts during the event</b>	We're going to get killed, loss of control	I have to leave, frustration, guilt (can't watch son)	Frustration
<b>Duration of event</b>	10 minutes	Gone next morning	5 minutes
<b>What caused it to stop or subside?</b>	Hubby pulled over, did breathing exercises and tapping	Imitrex, dark room, ice packs, sleep	Son explained he was taking me to doctor appt.

ACTIVITY LOG (copy for your own use)

<b>Date/Time</b>					
<b>Symptom</b>					
<b>What was happening when the symptom started?</b>					
<b>Other symptoms during that episode</b>					
<b>Emotions or thoughts during the event</b>					
<b>Duration of event</b>					
<b>What caused it to stop or subside?</b>					