Coronavirus Symptom Tracker

Day number (after last potential exposure)	1		2		3		4		5		6		7	
Date														
Time AM														
Temperature AM														
Time PM														
Temperature PM														
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Felt feverish														
Cough														
Productive cough														
Dry cough														
Shortness of breath/difficulty breathing														
Chills														
Sore throat														
Runny nose														
Muscle aches														
Fatigue														
Headache														
Abdominal pain/discomfort														
Nausea														
Diarrhea														
Vomiting														
Fever/pain reducers														
Location of PUM														
Jurisdiction performing monitoring														

Coronavirus Symptom Tracker

Day number (after last potential exposure)	8		9		10		11		12		13		14	
Date														
Time AM														
Temperature AM														
Time PM														
Temperature PM														
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Felt feverish														
Cough														
Productive cough														
Dry cough														
Shortness of breath/difficulty breathing														
Chills														
Sore throat														
Runny nose														
Muscle aches														
Fatigue														
Headache														
Abdominal pain/discomfort														
Nausea														
Diarrhea														
Vomiting														
Fever/pain reducers														
Location of PUM														
Jurisdiction performing monitoring														