ESSENTIAL TREMOR SYMPTOM DIARY

Keeping a diary of your or a loved one's essential tremor (ET) symptoms can help determine their impact on daily life and assist a doctor in making an accurate diagnosis.

This symptom diary is intended to provide a record of your experience over a period of days or weeks. A written record will help highlight patterns of symptoms you experience and help you communicate your experience with your doctor more effectively.

The types of information you may want to record can include:

- When tremors occur (at rest or during movement)
- What areas of your body are affected and duration
- Types of activities that are impacted (walking, writing, eating, dressing, etc.)
- Other daily circumstances that may have an impact on your symptoms (stress, fatigue, alcohol, caffeine, etc.)
- How your symptoms impact your personal and/or professional life (work, social activities, recreation activities, mental or emotional health), or modifications you or a loved one have made over time to accommodate symptoms
- Any family history of ET or other neurological conditions
- Any additional information that may be helpful for your doctor

JOURNAL ENTRY

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To download resources and learn more about Essential Tremor, visit essentialtremor.org.

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