



Empowering Community and Removal of Barriers (ECRoB) Project

The activity and symptom tracking form is available to print or download at your convenience. This information can help:

- monitor if you are getting better or worse.
- function as a data collection tool to show your doctor or healthcare providers.
- to talk to Human Resources in the workplace.
- be shared with a lawyer or any professionals.

Date and Time	<ul style="list-style-type: none"> • Record the specific date and time of each entry. • Be as accurate as possible in noting the exact time when the symptoms began or when an exposure occurred. This helps establish a clear timeline for medical and legal reference.
Location/Activity	<ul style="list-style-type: none"> • Describe the location or activity where the symptom or exposure event took place. • Include details about the environment, such as whether it was at home, work, a public place, or during a specific activity (e.g., grocery shopping, attending a social event).
Symptoms	<ul style="list-style-type: none"> • List each symptom you experience during the entry, such as headaches, brain fog (lack of cognitive function), respiratory difficulty, skin reactions, etc. • Provide a detailed description of the symptom's characteristics, duration, and how it impacted you. For example, specify if the headache was throbbing or describe the skin reaction.
Severity (1-10)	<ul style="list-style-type: none"> • Rate the severity of both the symptom(s) and exposure on a scale from 1 to 10, with 1 being the mildest and 10 the most severe. • Use this scale consistently to assess the intensity of your symptoms and the impact of the exposure on your health.
Exposure	<ul style="list-style-type: none"> • Identify any known or suspected sources of exposure that may have triggered the symptoms. This could include fragrances, cleaning products, chemicals, or specific environmental factors. • Document the exposure source with as much detail as possible, such as brand names, ingredients, or a description of the substance or condition you were exposed to.
Notes	<ul style="list-style-type: none"> • Use the "Notes" section to provide additional information or context that may be relevant to your symptoms or exposure such as barriers encountered or problems that arise. • Include any relevant observations, actions taken, or interactions with others that could offer insight into the situation.