Record any symptoms you experience during the week by checking the bubbles next to the symptom.

Check each symptom that applies.	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Blood in urine								
Foamy urine								
Headache								
Swelling in feet, legs, ankles, or hands								
Eye or vision problems								
Dry/Itchy skin								
Fatigue								
Joint pain								
Other:								
Feelings: Draw a face to describe how you felt this week.								
Why did I feel this way?								

For more tools and guides, visit KidneyHope.com

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