

# MY SYMPTOM DIARY

Symptoms of NDM are often inconsistent<sup>1-3</sup>, and therefore your symptoms may be better or worse than normal when you visit your doctor. It is helpful for your healthcare team to have as much information as possible about your daily experiences with symptoms so that they can accurately confirm your diagnosis and optimise your care. Recording when you experience symptoms, what you were doing at the time and even what you have eaten may also help you identify symptom triggers and patterns.

**You can use these pages to record days when your symptoms are particularly bad, when new symptoms occur or if you have any questions you would like to ask your healthcare team at your next visit.**

**Today's date:**

**Estimated temperature:**

Did anything you ate or drank today trigger muscle stiffness (myotonia)?

Food:

Drink:

## TODAY'S SYMPTOM ASSESSMENT

(Tick boxes or add information where appropriate or relevant)

What symptoms have you had today?

Which parts of your body were affected by which symptom?

What were you doing when the symptoms started?

How long did your symptoms last today?

On a scale of 0-10 (0 being no impact and 10 being worst impact), how severe were your symptoms today?

What activities were most affected by your symptoms today?

**Myotonia**  
(muscle stiffness)

**Pain**

**Weakness**

**Fatigue**

**Other**

**Notes for your next doctor visit:**