My CKD Symptom Diary

Name _____

None Okay So-So Bad Worse Awful

Symptoms	Date	How Bad?	Date	How Bad?	Date	How Bad?	Date	How Bad?	Date	How Bad?	Date	How Bad?
I feel very tired												
I feel cold all the time												
I feel faint or weak												
I feel short of breath												
I can't think as well												
My feet are swollen												
My hands are swollen												
My face is puffy												
I feel itchy												
I can't stand to eat meat												
I feel nauseous												
Food tastes like metal												
I have ammonia breath												
My urine is foamy												
My urine looks like cola												
My urine is pink or red												
I feel pressure when I go												