

Treatments and Side Effects Log



Keeping track of your treatments, medications, side effects, and overall well-being is very important during your cancer journey. How your nutrition, activities, and medications affect the way you feel can provide insight for you and your healthcare team.

Date(s)/Week: _____

Treatments or procedures:

Include specific dates, descriptions, and medications given.

Foods Eaten:

Breakfast	Lunch	Dinner	Snacks

Read ["I Have Cancer. What Should I Eat?"](#) to learn more about nutrition and cancer.

Activity or Exercise:

Activity	Duration

Contact PearlPoint Cancer Support today by phone or email:
(877) 467-1936 X 101 or guidance@pearlpoint.org
Create a profile at mypearlpoint.org.

Side Effects:

Record all side effects experienced by checking mild, moderate, or severe. If none, leave blank.

Side Effect	Mild	Moderate	Severe
Change in taste and smell			
Constipation			
Diarrhea			
Difficulty swallowing			
Dry mouth			
Fatigue			
Feeling full quickly			
Gas and bloating			
Hair loss			
Lactose intolerance			
Loss of appetite			
Lymphedema			
Nausea			
Neuropathy			
Pain			
Skin changes (blisters, rashes, itchy, etc.)			
Sore mouth, throat, or tongue			
Weight loss			
Weight gain			

For help managing side effects, visit [Nutrition Tips for Managing Side Effects](#), or download PearlPoint’s new Cancer Side Effects Helper app to your smart phone.

Notes:

To keep track of this information online, visit *My PearlPoint* to create a personalized dashboard. On your dashboard, you can virtually track your well-being and save notes on your progress.