

Appendix B: Symptom Self-Monitoring Tracker

	Date	Time	Temp	Any Symptoms
Day 1		AM		
		PM		
Day 2		AM		
		PM		
Day 3		AM		
		PM		
Day 4		AM		
		PM		
Day 5		AM		
		PM		
Day 6		AM		
		PM		
Day 7		AM		
		PM		
Day 8		AM		
		PM		
Day 9		AM		
		PM		
Day 10		AM		
		PM		
Day 11		AM		
		PM		
Day 12		AM		
		PM		
Day 13		AM		
		PM		