

Hidden Symptoms Tracker

Walking, Balance & Fatigue Awareness

Some symptoms are hard to explain because they change from day to day. Walking may feel harder, balance may feel less steady, or fatigue may limit daily activities even when everything looks “normal” from the outside.

This tracker is designed to help you notice patterns in energy, walking, balance, and daily function over a few days.

After 3–5 days, your answers may help you better understand what affects your symptoms and what helps you feel more supported.

How to Use This Tracker

Use this tracker once per day for 3–5 days.

You do not need to be perfect. Consistency matters more than detail. A few simple notes each day can help reveal patterns.

You may choose to share your notes with a support professional, trainer, coach, or care provider to help guide next steps.

Daily Entry

Date: _____

1. How did your energy feel today?

Circle one:

1 2 3 4 5 6 7 8 9 10

1 = very low energy

10 = strong energy

2. Did your legs feel heavy today?

- Yes
- No
- A little
- Not sure

Notes:

3. Did your walking feel different or harder than usual?

- Yes
- No
- A little
- Not sure

If yes, what did you notice?

- Slower walking
- Foot dragging
- Heavier legs
- More effort
- Needed more support
- Harder to turn
- Other: _____

Notes:

4. Did you feel off balance at any point today?

- Yes
- No
- A little
- Not sure

When did it happen?

5. Did fatigue or symptoms limit your ability to complete daily activities today?

- Yes
- No
- A little
- Not sure

What activity felt limited?

6. When did symptoms feel the most noticeable?

- Morning
- Midday
- Afternoon
- Evening
- After activity
- After standing or walking
- After stress
- After poor sleep
- In the heat
- Other: _____

Notes:

7. What might have contributed to or triggered symptoms?

Check all that apply:

- Poor sleep
- Heat
- Stress

- Long walking
- Standing too long
- Busy day
- Large meal
- Not enough food
- Not enough water
- Sitting too long
- Exercise or activity
- Illness or not feeling well
- Not sure
- Other: _____

Notes:

8. What helped improve your symptoms, if anything?

- Rest break
- Hydration
- Snack or meal
- Cooling down
- Gentle movement
- Stretching
- Breathing
- Sitting or lying down
- Shorter activity
- Support from someone else
- Nothing helped today
- Not sure
- Other: _____

Notes:

9. How confident did you feel moving throughout your day?

Circle one:

1 2 3 4 5 6 7 8 9 10

1 = not confident

10 = very confident

10. Is there anything else you noticed today?

Examples: changes in walking, balance, fatigue, heaviness, confidence, recovery, or symptoms.

3–5 Day Pattern Review

After using this tracker for a few days, review your entries and look for repeated patterns.

Energy changes I noticed:

Walking or balance changes I noticed:

Symptoms seemed worse during:

- Morning
- Midday
- Afternoon
- Evening
- After activity
- After standing or walking
- After poor sleep
- After stress
- In heat
- It changed day to day
- I am not sure yet

Common triggers I noticed:

What helped the most:

One small adjustment I can try next:

Examples: rest earlier, shorten activity time, hydrate before walking, avoid heat, take breaks before fatigue builds, plan tasks differently, use support when needed.

Reminder

This tracker is not about doing everything perfectly. It is about noticing what your body may be telling you so you can better understand your energy, walking, balance, and daily function.

Created by:

Sanam Saeedi

Neurological Movement & Fatigue Coach

Lalik Health & Wellness

Website: <https://tinyurl.com/mrvmeepw>

This resource is for educational and self-awareness support only. It is not intended to diagnose, treat, or replace individualized professional care.