

# CHEMOTHERAPY SIDE EFFECTS DAILY TRACKER

Date: \_\_\_\_\_

Treatment Cycle: \_\_\_\_\_

Day Post-Treatment: \_\_\_\_\_

**SIDE EFFECT**

**SEVERITY (1-5)**

**NOTES (DURATION, TRIGGERS,  
MANAGEMENT)**

Nausea / Vomiting

Fatigue / Energy Levels

Appetite Changes

Mouth Sores / Throat Pain

Bowel Habits  
(Diarrhea/Constip.)

Neuropathy  
(Numbness/Tingle)

Pain (Joint/Muscle/Head)

Mood / Mental Clarity

Other: \_\_\_\_\_

**Important:** Call your care team immediately if you experience a fever over 100.4F (38C), uncontrollable shaking/chills, or shortness of breath.