

Symptom Diary

For Early Cognitive and
Emotional Changes

**Designed for families
noticing subtle changes
in memory, mood, or
behavior**

Name of Person Observed:

Age:

Date Diary Started:

Name(s) of Observers/Caregivers:

This diary is designed for families who suspect early signs of dementia or cognitive decline in a loved one. Use it to gently track subtle changes in memory, behavior, mood, and daily functioning. Bring this diary when visiting a doctor, psychologist, or neurologist.

Instructions for Use:

- Fill in observations as soon as they occur or at the end of each day.
- Be as specific and objective as possible.
- Involve close family members or caregivers to provide input.
- This diary can help identify patterns, triggers, and areas for professional assessment.

Daily Observation Log

Photocopy this section for daily/weekly use



Date

Time of Day (if specific event):

Memory-related changes

e.g., Forgot recent conversations, misplaced items, repeated a question, got lost in a familiar place

Changes in thinking or judgment

e.g., Difficulty planning, trouble handling money, poor decisions

Language or communication

e.g., Struggled to find words, mixed up names, paused mid-sentence

Mood and emotional state

e.g., Irritable, anxious, sad, withdrawn, overly reactive

Behavioral or personality shifts

e.g., Less interested in hobbies, more suspicious, socially withdrawn

Orientation or awareness issues

e.g., Confused about time/date, misplaced familiar objects, forgot current events

Sleep and energy levels

e.g., Excessive napping, disturbed sleep, daytime fatigue

Unusual behaviors / safety concerns

e.g., Left stove on, wandered, forgot to lock door, inappropriate comments

Anything else noticed today

Weekly Reflections

Photocopy this section for weekly use



Week Of

What changes stood out this week?

Any improvements or fluctuations?

**Any clear triggers or patterns? (e.g.,
tiredness, stress, overstimulation)**

**Impact on daily functioning or family
dynamics?**

**Any new concerns or questions for
the doctor?**

Medication/Health Updates

New medications or dose changes

**Any illnesses or physical symptoms
(e.g., pain, infection, dizziness)?**

Vision/Hearing issues noticed

Comprehensive Symptom Checklist



Memory & Orientation

•

Language & Communication

•

Executive Function & Daily Thinking

•

Behavior & Personality

•

Emotional & Mental Health

•

Daily Functioning

•

Physical & Motor Changes

•

Sleep & Energy

This diary is a helpful tool, not a diagnostic tool. Even if the symptoms seem minor, documenting them early can lead to timely evaluation and supportive care.