

COVID-19 Symptom Tracker

Symptoms	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Cough*														
Fever* (twice/day)														
Shortness of breath*														
Body aches														
Chills														
Diarrhea														
Fatigue														
Headache														
Runny nose														
Sore throat														
Rash or skin changes														
Pink eye														
Other														

Name _____

Contact Number _____

WIN _____

Use this sheet to track your symptoms while in quarantine or isolation.