Myelofibrosis symptom tracker

Regularly keeping track of your symptoms not only helps make conversations with your doctor easier, it also helps you both understand your myelofibrosis (MF). Knowing how you're feeling and whether your symptoms are changing helps you and your doctor know if it's time to talk about your treatment plan options. **Print and fill out the tracker below and bring it to your next appointment.**

All the time **Sometimes** Notes Never **Bleeding or bruising** Itching Night sweats Fatigue or lack of energy Tiredness Weakness Bone or joint pain Pain under left rib Abdominal discomfort Feeling full too quickly Weight loss Fever

How often do you experience each of the symptoms below?

These are not all the signs and symptoms of MF if your MF has progressed. Be sure to talk to your doctor about anything you are experiencing.

Do you have any other symptoms that aren't listed above? Write them here.



Anything else you'd like to note?

Giving your doctor and care team an idea of how your symptoms may be changing will help them consider a path forward for you. Are any of your symptoms worse than they were 3 months ago? What about 6 months ago?

Are there any changes in your daily activities that you would like to share with your doctor? It may help to keep track of them here.

