

### Self-Monitoring Sheet for Cognitive Issues

Utilize this to track cognitive changes you have been experiencing so that you can discuss with your doctor, learn what may cause issues, identify “at risk situations”, & be able to better plan & prioritize activities/tasks throughout your day.

What happened?	Describe situation (What happened right before the issue?)	Time of day	Other relevant side effects (fatigue level, poor sleep night before, etc.)
Ex. had more difficulty than usual following the directions of a recipe	Trying to cook and missed a step in the recipe; I was in a rush to get my kids fed & they were asking me homework questions while trying to cook	Dinner	High fatigue level and increased stress from work