

My Seizure/Syncope Tracker



MONTH _____ YEAR _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

LEGEND FOR TRACKING

SEIZURE / EVENT TYPE

- A – Aura
- C – Collapse
- GM – Grand Mal Seizure
- PS – Partial Seizure
- L – Loss of Consciousness
- V – Vision Problems
- D – Dizziness
- LH – Lightheadedness

TRIGGERS

- MM – Missed Medication
- Z – Lack of Sleep
- S – Stress
- MC – Menstrual Cycle
- HE – Heat Exposure
- STL – Standing too long
- LS – Low Sugar Levels
- FBL – Flashing/Bright Lights
- O – Other