

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.**

How often do you experience each of the symptoms below?

	All the time	Sometimes	Never	Notes
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				

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.
