

**DAILY TRACKER · WHILE YOU TREAT**

CONCUSSION SYMPTOM TRACKER

TRACK WHAT THE SCAN DOES NOT SHOW YOU.

Most concussions produce a normal CT scan, because CT looks for bleeding, not for a concussion. The diagnosis, and the claim, rest on the record of symptoms over weeks: when they started, how bad, and what they stopped you doing. Rate each one once a day and bring the printout to every appointment.

SEVEN DAYS, ONE RATING A DAY

0 none · 1 mild · 2 moderate · 3 severe. Write the date under each day.

SYMPTOM	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Headache							
Brain fog, trouble concentrating							
Memory lapses							
Light sensitivity							
Noise sensitivity							
Dizziness or balance							
Nausea							
Sleep, too much or too little							
Fatigue							
Irritability or mood swings							
Anxiety or low mood							
Ringing in the ears							
Blurred or double vision							
Trouble finding words							

Notes for the doctor: what set it off, what you could not do, how long it lasted.

WHY THIS MATTERS

An adjuster reads a normal CT as no injury. A neurologist reads three weeks of documented light sensitivity, word-finding trouble, and headaches as a mild traumatic brain injury. The tracker is what turns your experience into a record.

GO TO AN EMERGENCY ROOM NOW IF

A headache that keeps getting worse, repeated vomiting, a seizure, one pupil larger than the other, weakness or numbness, slurred speech, growing confusion, or you cannot be woken. These are the CDC's danger signs after a head injury. Saved on this device only; this tracker does not diagnose anything.

Free case review: (424) 235-7879. No fee unless we recover. Case costs are disclosed in writing before we begin. Se habla español. The web version saves your progress: <https://www.wiseinjuryfirm.com/library/tools/concussion-symptom-tracker/>

Written and reviewed by Josh Kohanim, Esq., California Bar No. 328609. Reviewed September 9, 2026. This website is for general information and is not legal advice. Contacting us does not create an attorney-client relationship, which is formed only by a signed written fee agreement. No attorney's fee unless we recover. Costs and expenses may apply and are disclosed in writing before representation begins. Prior results do not guarantee a similar outcome.

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