

## *Introduction*

**A great way to start living well** with multiple sclerosis is to write down everything you'll need to remember in the next few months. We've provided this journal for you to write down your feelings, concerns, coping strategies, to-do lists, and appointments. Logging your symptoms as well as your accomplishments will keep MS in perspective and help you communicate more accurately with your healthcare support team.

**Use the journal** every day—even on days when you have no MS symptoms. Take notice of other factors such as stress, sleep, eating patterns, activity levels, etc. Try to find a time each day when you have a couple of minutes to spend writing things down. Remember to bring your journal with you to each appointment.

**To start,** fill in the dates for each week in the journal. In the back, you will find places to jot down any Web sites or books you have read that you found helpful, tips and advice you may want to share with others, and any questions you want to ask your healthcare team.

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## *Common Early Symptoms of MS*

Numbness or tingling, usually in arms or legs

Fatigue (tiredness)

Blurry vision, double vision, or loss of vision

Problems with elimination

Pain or strange sensations

Changes in memory

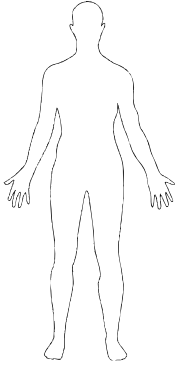
Tripping, falling, or difficulty walking

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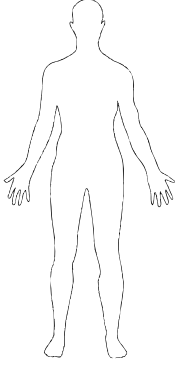
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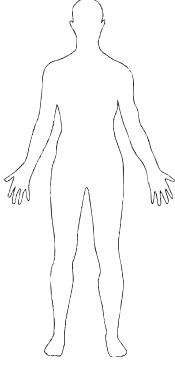
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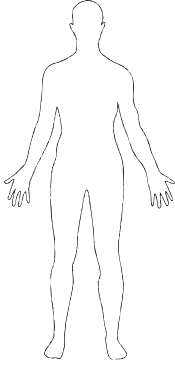
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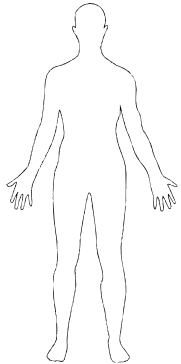
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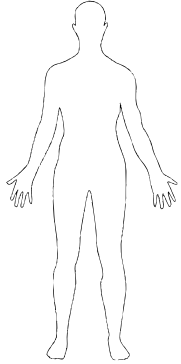
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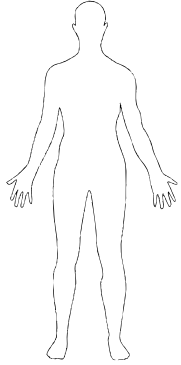
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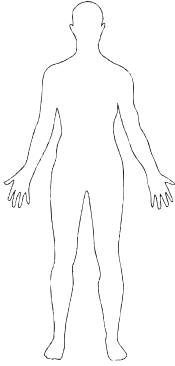
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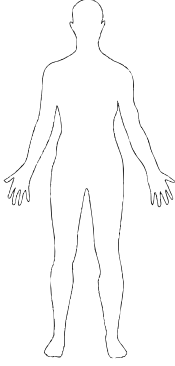
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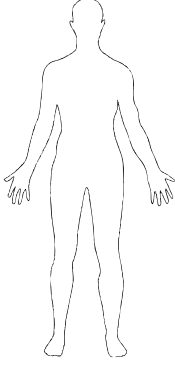
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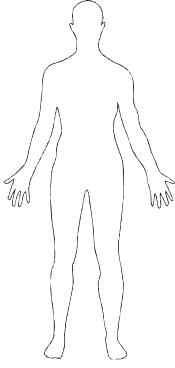
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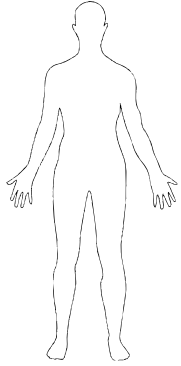
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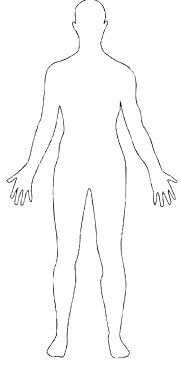
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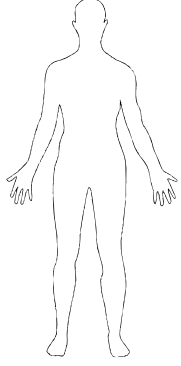
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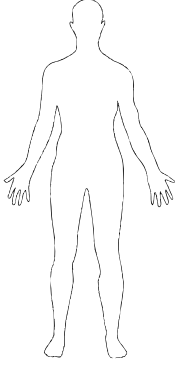
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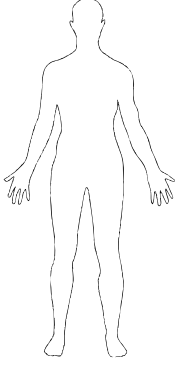
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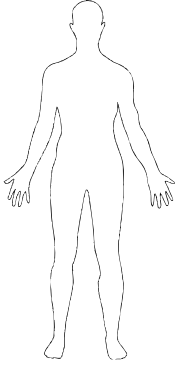
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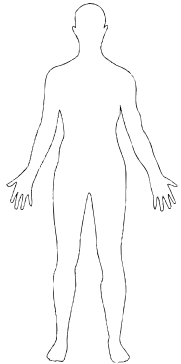
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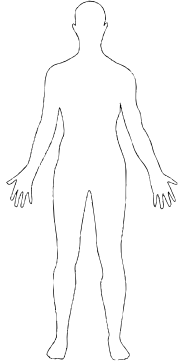
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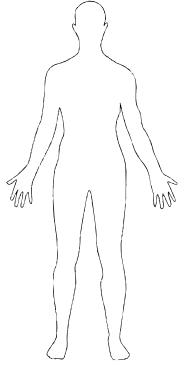
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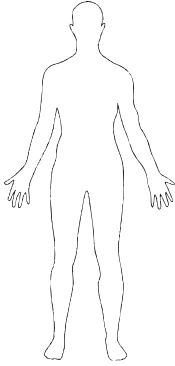
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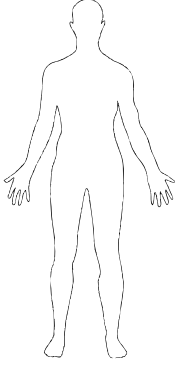
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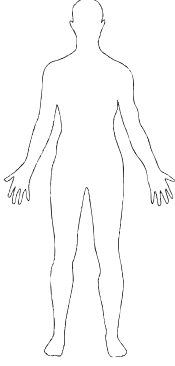
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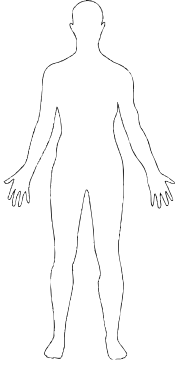
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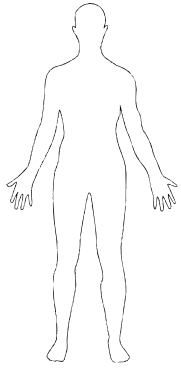
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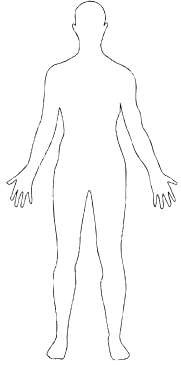
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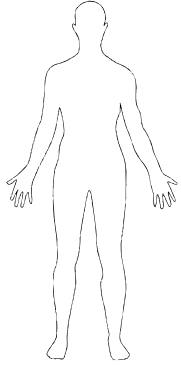
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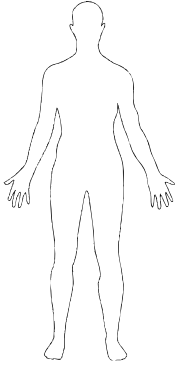
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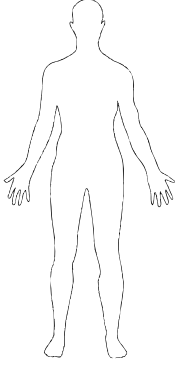
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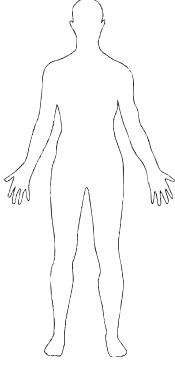
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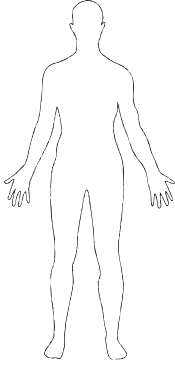
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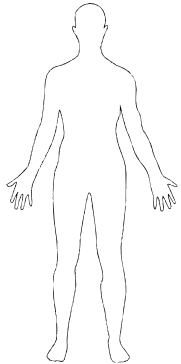
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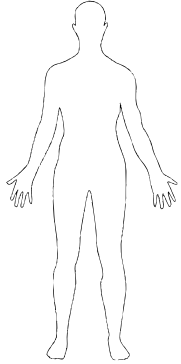
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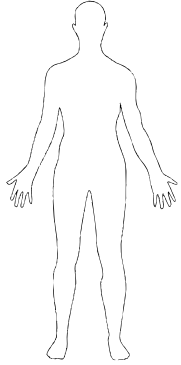
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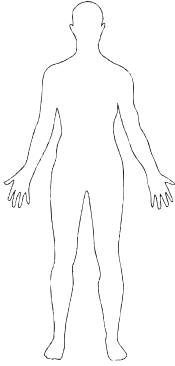
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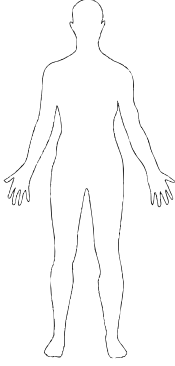
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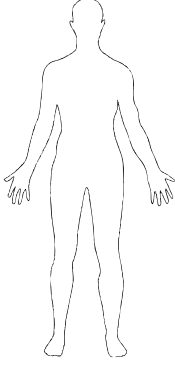
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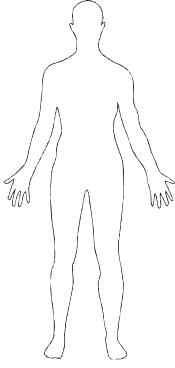
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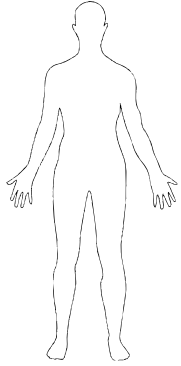
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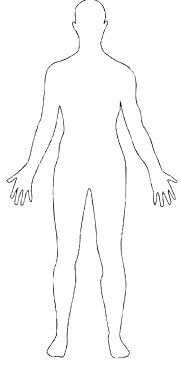
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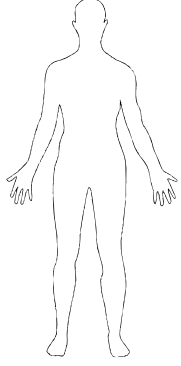
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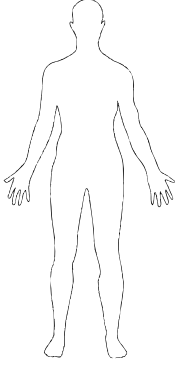
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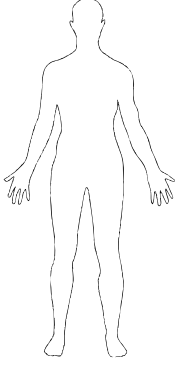
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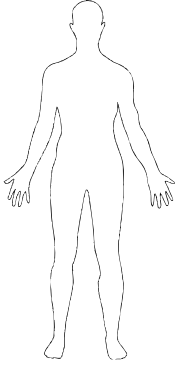
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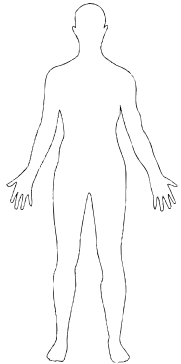
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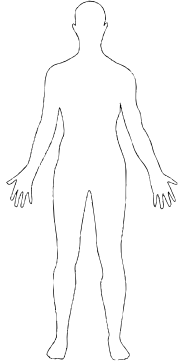
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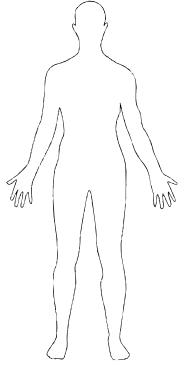
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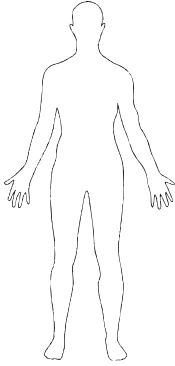
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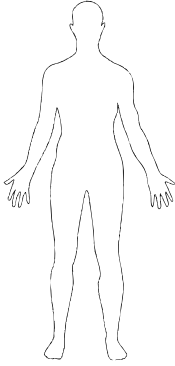
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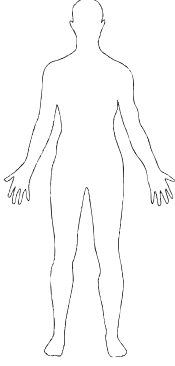
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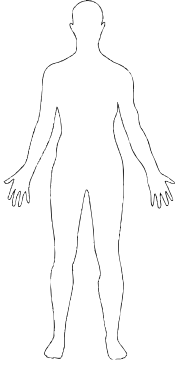
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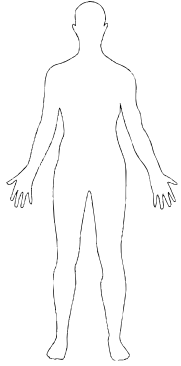
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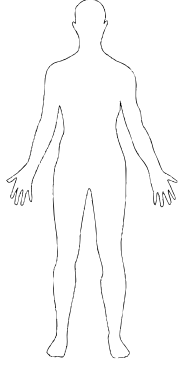
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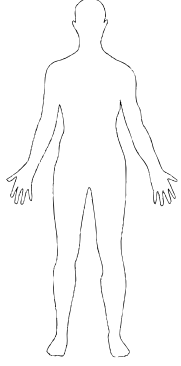
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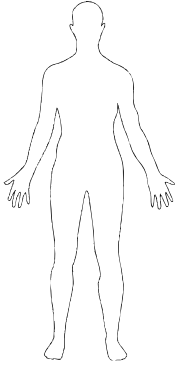
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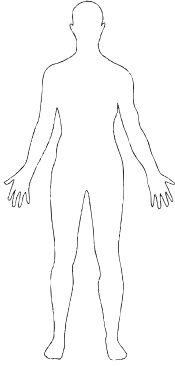
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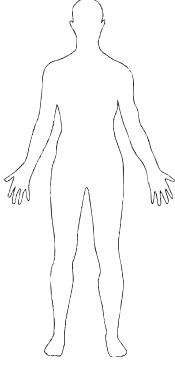
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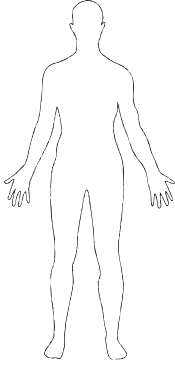
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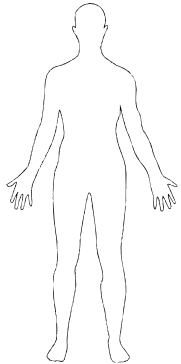
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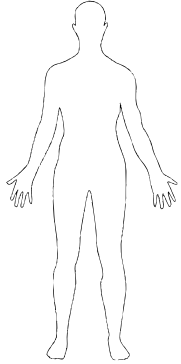
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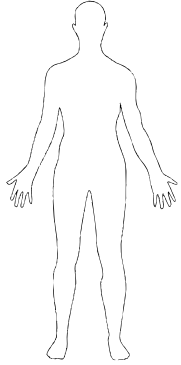
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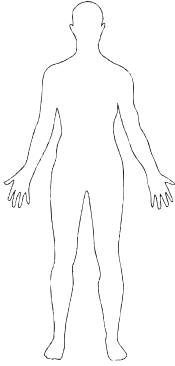
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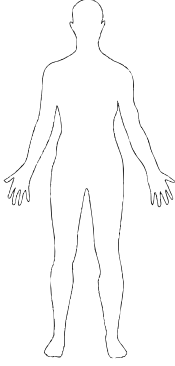
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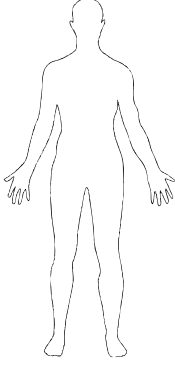
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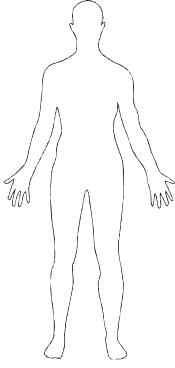
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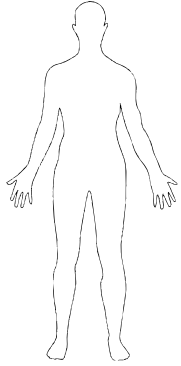
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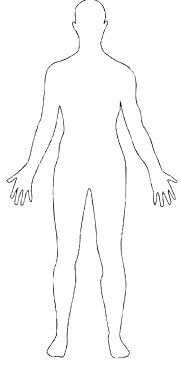
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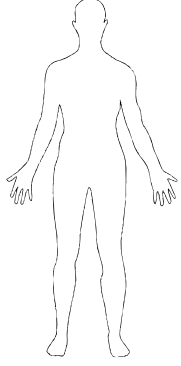
**Friday**

Feelings		
Symptoms		
Medications		

**Saturday**

Feelings		
Symptoms		
Medications		

**Sunday**

Feelings		
Symptoms		
Medications		

<b>Special Notes</b>	
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# essential elements

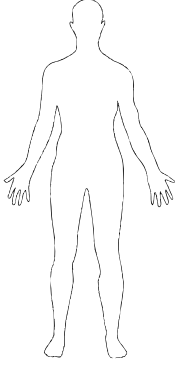
Daily Journal

Week of: \_\_\_\_\_

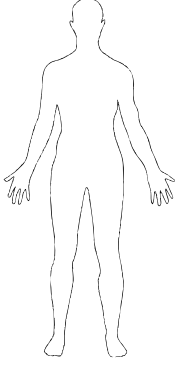
**Monday**

Feelings		
Symptoms		
Medications		

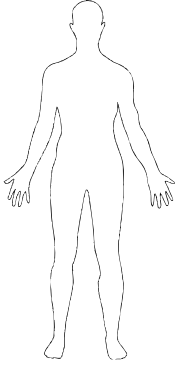
**Tuesday**

Feelings		
Symptoms		
Medications		

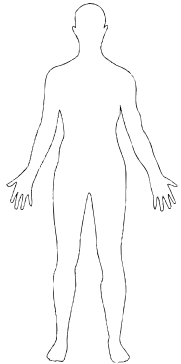
**Wednesday**

Feelings		
Symptoms		
Medications		

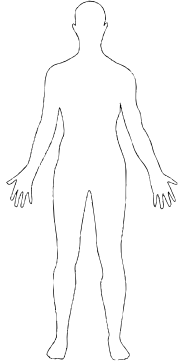
**Thursday**

Feelings		
Symptoms		
Medications		

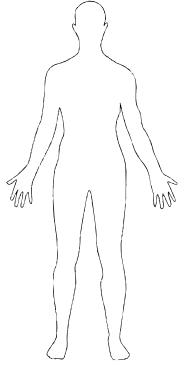
**Friday**

Feelings		
Symptoms		
Medications		

**Saturday**

Feelings		
Symptoms		
Medications		

**Sunday**

Feelings		
Symptoms		
Medications		

<b>Special Notes</b>	
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# *My Top Ten Lists*

## *My Favorite MS Web Sites*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## *Helpful Hints*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## *My Favorite Books*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## *Questions to Ask*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_