

BREAST CANCER SYMPTOMS TRACKER

SYMPTOM TRACKER – NOT DIAGNOSED

PATIENT & CONTACT INFORMATION

Name: _____

Phone Number: _____

Primary Care Provider (PCP) Phone Number: _____

Community Health Worker (CHW) Phone Number: _____

DAILY SYMPTOM ENTRY

Date: _____

Do you have symptoms today? (Check one):

Yes No Not Sure

Pain Scale (0 = no pain, 10 = worst pain):

Common Breast Symptoms
(check all that apply):

- New or changing breast lump
- Skin changes (redness, dimpling)
- Nipple changes (inversion, discharge)
- Breast or nipple pain
- Swelling in breast or underarm
- Rash or itching on breast or nipple

Any new changes or symptoms:

Other symptoms (fever, pain, or symptoms related to other conditions such as diabetes, heart disease, pneumonia):

NOTES & QUESTIONS

Free-write notes about how you are feeling:

Questions for my medical team:

COMMUNITY HEALTH WORKER NOTES

Notes from CHW:



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APPOINTMENT & SYMPTOM TRACKER – DIAGNOSED

PATIENT & CONTACT INFORMATION

Name: _____

Phone Number: _____

Primary Care Provider (PCP) Phone Number: _____

Community Health Worker (CHW) Phone Number: _____

SYMPTOM TRACKER

Date: _____

How do you feel today? (Check one):

Better Same Worse

Pain Scale (0 = no pain, 10 = worst pain):

Common Symptoms

**Not all breast cancer types, stages, or treatments produce the same symptoms or side effects.*

(check all that apply):

Fatigue

Nausea or vomiting

Appetite or weight changes

Bowel changes

Fever or infection symptoms

Arm or shoulder swelling or stiffness

Other symptoms from existing conditions

Additional symptom notes:

UPCOMING MEDICAL APPOINTMENTS

Appointments with PCP, OBGYN, Oncologist, Radiation Oncologist, Oncology Surgeon, or other specialists (Imaging, Lab, Endocrinology, Rheumatology, Therapist, etc.):

For each appointment, note:

- Date and Time
- Provider Name
- Location
- Transportation Plan
- Pre-appointment check-in with CHW (in person or phone)
- Reminder to connect with CHW

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CARE TEAM NOTES

Questions for provider:

Notes from provider:

Questions for CHW:

Notes from CHW: