Exposure & Symptom Tracker

A daily log to reveal the exposure→reaction pattern your doctor and disability claim need

How to use: Each time you react, log it. Over a few weeks the pattern — which exposures, how fast the reaction starts, how long it lasts — becomes visible, even when any single day looks random. Bring it to appointments and keep copies for disability or accommodation requests. Rate severity 1–10 (1 = barely noticed, 10 = disabling) and the lag between exposure and onset. Print extra copies as needed.

Date / time	**Exposure** what + where	**Symptoms**	**Severity** 1–10	**Onset lag** exposure→reaction	**Recovery time**	**Witnesses / notes**

Educational template only — not medical advice. This is a personal record-keeping aid, not a diagnostic instrument. Patterns in this log do not by themselves prove causation. © 2026 MCSDisability.com.