

Use this Chart to record occurrences of ANY Symptoms and discuss these with your Doctor, include headaches, soreness of the eyes, dry or itching eyes, blurry vision, dizzy spells.

Dates:

Symptom	Duration	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total

If you are concerned about any medial issues including vision, you should discuss this with a medical professional or optician.