










Your Daily Log

Between consultations, you may find it useful to complete a log to record the impact of epilepsy on your daily life. This record should help you to share your personal experiences and feelings with your doctor. You can record as many days as you would find helpful to your discussion.




More copies of the personal log can be found at www.livebeyondepilepsy.com

| DATE | Please circle the facial expression that best describes how you are feeling today | Record how your epilepsy has impacted on your daily activities | I would like to talk about this day with my doctor |
|--|---|--|--|
| <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; width: 60px; margin: 0 auto;">...../...../.....</div> |    | | Yes <input type="radio"/> No <input type="radio"/> |
| <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; width: 60px; margin: 0 auto;">...../...../.....</div> |    | | Yes <input type="radio"/> No <input type="radio"/> |
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