

# TARDIVE DYSKINESIA HEALTH DIARY

for \_\_\_/\_\_\_/\_\_\_ S M T W T F S

MORNING  EVENING

EXERCISE \_\_\_\_\_

RELAXATION METHODS TRIED \_\_\_\_\_

SLEEP  😊  😐  😞

PAIN  😊  😐  😞

😊 HOW SEVERE WERE THE MOVEMENTS? 😞

1 2 3 4 5 6 7 8 9 10



PLACES OF INVOLUNTARY MOVEMENT



CURRENT MEDICATION \_\_\_\_\_

DO YOU FEEL THE MEDICATION IS HELPING TODAY? \_\_\_\_\_



(10 BEING THE MOST STRESSED, ETC)



DEPRESSION/ANXIETY



(SERVING)

CAFFEINE INTAKE



OTHER SYMPTOMS:

- FACIAL GRIMACING
- STICKING OUT ONE'S TONGUE
- INVOLUNTARY MOVEMENTS
- SPEECH DIFFICULTIES
- SLOWER, TWISTING MOVEMENTS
- DIFFICULTY WALKING

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NOTES:

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