

Tinnitus Trigger Tracker & 30-Day Symptom Diary

Free Printable Template | Days 1-15 | TinnitusCureGuide.com

How to use: Complete one row each day. Use your own consistent 1-10 scale for **Tinnitus Level** (1 = barely noticeable, 10 = extremely noticeable) and **Stress** (1 = very little stress, 10 = extremely stressful). Keep entries brief. This diary is for personal organization and is not a diagnostic tool.

Day	Date	Tinnitus Level 1-10	Sleep	Stress 1-10	Caffeine	Noise Exposure	Exercise	Symptoms	Notes
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									

Medical Disclaimer: This diary is provided for general informational, educational, and personal organizational purposes only. It is not a medical or diagnostic tool and does not replace professional medical advice, diagnosis, or treatment. If tinnitus, hearing changes, or other symptoms concern you, consult an appropriately qualified healthcare professional.

Tinnitus Trigger Tracker & 30-Day Symptom Diary

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How to use: Complete one row each day. Use your own consistent 1-10 scale for **Tinnitus Level** (1 = barely noticeable, 10 = extremely noticeable) and **Stress** (1 = very little stress, 10 = extremely stressful). Keep entries brief. This diary is for personal organization and is not a diagnostic tool.

Day	Date	Tinnitus Level 1-10	Sleep	Stress 1-10	Caffeine	Noise Exposure	Exercise	Symptoms	Notes
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									

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