

WORKSHEET 6:

Parkinson's Disease Daily Diary

Source: Parkinson Canada ACT on Time™ program.

Name: _____ Date: _____

Instructions: This is a tool to track responses to medication and will be used to adjust the doses and timing of medications. For each time of day, place a check mark in the corresponding column that best describes your motor state. (i.e. in the 7:00 a.m. row indicate the average motor state from 7:00 to 7:59 a.m. or if asleep check **Asleep** in that column. If you take a medication dose at 7:45 p.m. write the time in the PD Medication column of the 7:00 p.m. row.

Motor State	"ON" with Dyskinesia Too Much Movement	"ON" Normal Movement	"OFF" Too Stiff and Slow	Asleep	PD Medication Time
6:00 a.m.					
7:00 a.m.					
8:00 a.m.					
9:00 a.m.					
10:00 a.m.					
11:00 a.m.					
Noon					
1:00 p.m.					
2:00 p.m.					
3:00 p.m.					
4:00 p.m.					
5:00 p.m.					
6:00 p.m.					
7:00 p.m.					
8:00 p.m.					
9:00 p.m.					
10:00 p.m.					
11:00 p.m.					
Midnight					