

Tracking your Parkinson's disease motor symptoms can help you *thrive*



Please complete both sides of this form, and discuss with your healthcare provider how you can *thrive*.

This Parkinson's disease symptom tracker helps your healthcare provider better understand your symptoms and optimize your treatment.

Remember, it's important to share as much information as possible, and that feedback from family members can be helpful too. Speaking up about your symptoms and what you're going through with your disease is a crucial aspect of advocating for yourself and your health.

Since the last time you saw your healthcare provider, have any of your motor symptoms or treatment side effects gotten better or worse?

Motor symptom	Better	Worse
Uncontrollable, involuntary movements such as twitches or jerking and twisting motions of the face and body (dyskinesia)	<input type="checkbox"/>	<input type="checkbox"/>
Slowness of movement	<input type="checkbox"/>	<input type="checkbox"/>
Tremors	<input type="checkbox"/>	<input type="checkbox"/>
Difficulties with posture	<input type="checkbox"/>	<input type="checkbox"/>
Losing balance or falling over	<input type="checkbox"/>	<input type="checkbox"/>
Involuntary leaning forward or to the side while standing	<input type="checkbox"/>	<input type="checkbox"/>
Trouble talking	<input type="checkbox"/>	<input type="checkbox"/>
Stiffness or rigidity, predominantly in the early morning after waking up	<input type="checkbox"/>	<input type="checkbox"/>
Small, cramped handwriting (micrographia)	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____ _____	<input type="checkbox"/>	<input type="checkbox"/>

Identifying the amount of “On” time and “Good On” time you experience

Remember these definitions:

“On” time

Medicine is working, and your symptoms are well controlled.

“Good On” time

Medicine is working, and you are not experiencing movements you can’t control (dyskinesia), or they do not disrupt your daily activities.

Dyskinesia

Medicine is working but level of levodopa is too high—you may experience involuntary movements you can’t control.

“Off” time

Medicine no longer works or hasn’t kicked in yet, and symptoms return.

Answer these questions, then share the results with your healthcare provider.

After you take your medicine, how soon do you feel you are experiencing “On” time?

- 0–30 min 30 min–1 hr 1+ hr

On average, how long does your “On” time last with a typical dose?

- 0–3 hrs 3–6 hrs 6+ hrs

Think about the total “On” time you have each day. How much of that time would you consider to be “Good On” time?

- 0–4 hrs 4–8 hrs 8–12 hrs 12+ hrs

Approximately how many hours of “Off” time do you experience each day?

- 0–3 hrs 3–6 hrs 6–9 hrs 9+ hrs

Approximately how many times do you go back and forth between “Off” and “On” time each day?

- 0–2 times 3–4 times 5–6 times 7+ times

Are you experiencing any of the issues listed below? Check all that apply.

- My “Off” time is unpredictable, so it is hard to know how my day will go. I don’t think my medication is working as well as it used to. Each dose of my medication seems to wear off more quickly than it used to. I experience “Off” time more frequently between doses of my medication.

If you are experiencing “Off” time, you may want to try a new medication or adjust your regimen.

Talk to your healthcare provider about your results from the tracker and keep advocating for yourself.

References: 1. Mantri S et al. *J Patient Cent Res Rev.* 2021;8(3):232-238. 2. Matthews H et al. *J Parkinsons Dis.* 2015;5(3):533-539. 3. Jankovic J. *J Neurol Neurosurg Psychiatry.* 2008;79(4):368-376. 4. Magrinelli F et al. *Parkinsons Dis.* 2016;2016:9832839. 5. Chaudhuri KR et al. *J Neural Transm (Vienna).* 2013;120(9):1305-1320. 6. Hauser RA et al. *Mov Disord.* 2004;19(12):1409-1413. 7. Calabresi P et al. *Lancet Neurol.* 2010;9(11):1106-1117. 8. Gupta HV et al. *Drugs Aging.* 2019;36(9):807-821.

