

# Vertigo diary

Month/year: ...../.....

**Print form**

Date	Time/duration of the attack of vertigo		How severe was this attack of vertigo?			How did the vertigo manifest itself? <small>e.g. lightheadedness, gait unsteadiness, shakiness, spinning sensations, postural vertigo</small>	What was the trigger? <small>e.g. movement of the head, standing up, using the stairs</small>	What other symptoms did you have? <small>e.g. nausea, visual disturbances, shortness of breath</small>
			Please check					
	Time	Duration (in min.)	mild	moderate	severe			

Please bring this diary with you to your next doctor's appointment!