

Severity Rating							
Please use the following scale to rate each symptom.							
None	Mild	Moderate	Severe				
0	1	2	3	4	5	6	
Symptoms	Rating	Vision	Vestibular	Migraine	Cognitive	Cervical	Anxiety
Headache							
Nausea							
Vomiting							
Balance Problems							
Dizziness (spinning or movement sensation)							
Lightheadedness							
Fatigue							
Trouble falling asleep							
Sleeping more than usual							
Sleeping less than usual							
Drowsiness							
Sensitivity to light							
Sensitivity to noise							
Irritability							
Sadness/Hopelessness							
Nervous/Anxious							
Feeling more emotional							
Numbness or tingling							
Feeling slowed down							
Feeling like "in a fog"							
Difficulty concentrating							
Difficulty remembering							
Visual problems							
Slow wavy dizziness							
Ruminating thoughts							
Difficulty in Math, Science, Reading							
Symptoms worse at end of day							
Difficulty with attention							
Difficulty finding words							
Total							

