NORTH STAR ATHLETIC TRAINING
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Post-Concussion Symptom CHECKLIST

Name: _____ Date _____

Instructions: For each item please indicate how much the symptom as bothered for the last 2 days

	Symptoms	None	Mild		Moderate		Severe	
PHYSICAL	Headache	0	1	2	3	4	5	6
	Nausea	0	1	2	3	4	5	6
	Vomiting	0	1	2	3	4	5	6
	Balance Problems	0	1	2	3	4	5	6
	Dizziness	0	1	2	3	4	5	6
	Visual Problems	0	1	2	3	4	5	6
	Fatigue	0	1	2	3	4	5	6
	Sensitivity to Light	0	1	2	3	4	5	6
	Sensitivity to Noise	0	1	2	3	4	5	6
	Numbness/Tingling	0	1	2	3	4	5	6
	Pain other than Headache	0	1	2	3	4	5	6
THINKING	Feeling Mentally Foggy	0	1	2	3	4	5	6
	Feeling Slowed Down	0	1	2	3	4	5	6
	Difficulty Concentrating	0	1	2	3	4	5	6
	Difficulty Remembering	0	1	2	3	4	5	6
SLEEP	Drowsiness	0	1	2	3	4	5	6
	Sleeping Less Than Usual	0	1	2	3	4	5	6
	Sleeping More Than Usual	0	1	2	3	4	5	6
	Trouble Falling Asleep	0	1	2	3	4	5	6
EMOTIONAL	Irritability	0	1	2	3	4	5	6
	Sadness	0	1	2	3	4	5	6
	Nervousness	0	1	2	3	4	5	6
	Feeling More Emotional	0	1	2	3	4	5	6

Exertion: Do these symptoms worsen with:

Physical Activity ○ Yes ○ No ○ Not applicable

Thinking/Cognitive Activity ○ Yes ○ No ○ Not applicable

Overall Rating: How different is the person acting compared to his/her usual self?

Same as Usual 0 1 2 3 4 5 6 Very Different

Activity Level: Over the past two days, compared to what I would typically do, my level of activity has been _____%

of what it would be normally.