



# Brain Fog Pattern Tracker™

Notice when thinking feels harder and what may be happening around it.



Use one row whenever brain fog shows up.

You do not need to track perfectly. A few details may reveal useful patterns.

| DATE & TIME                                                                                  | WHAT I NOTICED                                                                                                                            | INTENSITY<br>0-10 | WHAT WAS HAPPENING?                                     | WHAT HELPED?                                              |
|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------------------------------------|-----------------------------------------------------------|
| <br>_____   | <input type="checkbox"/> Words <input type="checkbox"/> Memory<br><input type="checkbox"/> Focus <input type="checkbox"/> Slower thinking | 10<br>5<br>0      | Sleep, meals, stress, symptoms,<br>medication, activity | Food, water, rest, movement,<br>fewer distractions, other |
| <br>_____   | <input type="checkbox"/> Words <input type="checkbox"/> Memory<br><input type="checkbox"/> Focus <input type="checkbox"/> Slower thinking | 10<br>5<br>0      | Sleep, meals, stress, symptoms,<br>medication, activity | Food, water, rest, movement,<br>fewer distractions, other |
| <br>_____  | <input type="checkbox"/> Words <input type="checkbox"/> Memory<br><input type="checkbox"/> Focus <input type="checkbox"/> Slower thinking | 10<br>5<br>0      | Sleep, meals, stress, symptoms,<br>medication, activity | Food, water, rest, movement,<br>fewer distractions, other |
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## What Patterns Am I Noticing?

Brain fog seems strongest when: \_\_\_\_\_

It often improves after: \_\_\_\_\_

A pattern I want to watch: \_\_\_\_\_

One detail I want to share with my healthcare provider: \_\_\_\_\_



### Gentle Reminder

This tracker cannot identify a cause. It can help you describe what you are experiencing more clearly.



### Martine's Midlife Wellness Tip

Track enough to learn, not so much that it becomes another burden.



Seek urgent help for sudden confusion, trouble speaking, facial drooping, one-sided weakness or a severe new headache.