

Daily Temperature and Symptom Log

Please record your temperature twice daily, and write down any symptoms or concerns.

Note: COVID-19 symptoms and some cold/flu symptoms can be similar. Please consult with [CUIMC Student Health on Haven](#) right away.

DAY	DATE	AM TEMP (°F)	PM TEMP (°F)	SYMPTOMS (COUGH, SHORTNESS OF BREATH, ETC.)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

NOTES
