

## Concussion Signs and Symptoms Checklist

	None	Mild	Moderate	Severe
Balance Issues				
Confusion				
Difficulty Concentrating				
Difficulty Remembering				
Dizziness				
“Don’t feel right”				
Drowsy				
Fatigue/Low Energy				
Feeling in a Fog				
Feeling More Emotional				
Feeling Slowed Down				
Headaches/Head Pressure				
Irritability				
Loss of Consciousness				
Nausea/Vomiting				
Neck Pain				
Nervous/Anxious				
Numbness/Tingling				
Ringling in Ears				
Sadness				
Sensitivity to Light				
Sensitivity to Noise				
Sleeping Less than Usual				
Sleeping More than Usual				
Trouble Falling Asleep				
Blurred Vision				

Patients should score themselves on the above symptoms based on how they feel today.