CIF GRADED CONCUSSION SYMPTOM CHECKLIST

Today's Date: _____ Time: _____ Hours of Sleep: _____ Date of Diagnosis: _____

☐ Baseline Score
☐ Post Concussion Score

- Grade the 22 symptoms with a score of 0 through 6.
  - *Note that these symptoms may not all be related to a concussion.*
- You can fill this out at the beginning of the season as a baseline *(after a good night's sleep).*
- If you suffer a suspected concussion, use this checklist to record your symptoms daily.
  - *Be consistent and try to grade either at the beginning or end of each day.*
- There is no scale to compare your total score to; this checklist helps you follow your symptoms on a day-to-day basis.
  - *If your total scores are not decreasing, see your physician right away.*
- Show your baseline (if available) and daily checklists to your physician.

	None	Mild		Moderate		Severe	
Headache	0	1	2	3	4	5	6
"Pressure in head"	0	1	2	3	4	5	6
Neck Pain	0	1	2	3	4	5	6
Nausea or Vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred Vision	0	1	2	3	4	5	6
Balance Problems	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
Feeling slowed down	0	1	2	3	4	5	6
Feeling like "in a fog"	0	1	2	3	4	5	6
"Don't feel right"	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
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
More emotional than usual	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or Anxious	0	1	2	3	4	5	6
TOTAL SUM OF EACH COLUMN	0						
TOTAL SYMPTOM SCORE *(Sum of all column totals)*							

NAME _____ **HIGH SCHOOL** _____

D.O.B. _____ **SPORT** _____ **PHYSICIAN (MD/DO)** _____