

## Children's allergy symptom tracker

Do you think your kid has allergies? If so, do you know what allergens are causing it? Use this editable and printable allergy tracker to help chart your child's daily symptoms. You can save it for your next visit with the pediatrician to help them better understand the cause of all that sneezing, and sniffing.

### Describe your child's symptoms

**Directions:** Each day, write or type "high," "medium" or "low" next to their symptoms, noting if symptoms worsen during the day (AM) or at night (PM). Keep closer track by inserting the type of pollen/pollen count info available via the Pollen Forecast tool at [www.SmartAllergyMomToolkit.com](http://www.SmartAllergyMomToolkit.com). If you're filling this out from a smartphone or desktop, don't forget to save your progress periodically.

This week's date: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Type of pollen / Pollen count							
 Itchy nose, throat, ears, or eyes							
 Clear, watery mucus							
 Sneezing							
 Runny nose							
 Watery eyes							

If your child is suffering from allergies, ask your doctor about Claritin® For Kids, the #1 pediatrician recommended non-drowsy oral brand.