Date:Time:Length:minsec. Flag It	Date:Time:Length:minsec. Flag It
Type: ☐ Simple Partial ☐ Complex Partial ☐ Secondary Generalized ☐ Atonic	Type: □ Simple Partial □ Complex Partial □ Secondary Generalized □ Atonic
☐ Tonic ☐ Clonic ☐ Tonic-Clonic ☐ Myoclonic ☐ Atypical Absence	☐ Tonic ☐ Clonic ☐ Tonic-Clonic ☐ Myoclonic ☐ Atypical Absence
□ Absence □ Infantile Spasms (cluster) □ Unknown Mood: □ Good □ Normal □ Bad OTC Medications	□ Absence □ Infantile Spasms (cluster) □ Unknown Mood: □ Good □ Normal □ Bad OTC Medications
Possible Triggers: Changes in Medication (including late or missed)	Possible Triggers: Changes in Medication (including late or missed)
☐ Overtired or irregular sleep ☐ Alcohol or drug use ☐ Irregular Diet	☐ Overtired or irregular sleep ☐ Alcohol or drug use ☐ Irregular Diet
☐ Bright or flashing lights ☐ Fever or overheated ☐ Emotional Stress	☐ Bright or flashing lights ☐ Fever or overheated ☐ Emotional Stress
☐ Hormonal fluctuations ☐ Sick – Describe	☐ Hormonal fluctuations ☐ Sick – Describe
Other	Other
Trigger notes:	Trigger notes:
Description : ☐ Change in awareness ☐ Loss of urine or bowel control	Description : ☐ Change in awareness ☐ Loss of urine or bowel control
☐ Loss of ability to communicate ☐ Automatic repeated movements	☐ Loss of ability to communicate ☐ Automatic repeated movements
	☐ Muscle stiffness in ☐ Aura
☐ Muscle stiffness in ☐ Aura ☐ Muscle twitch in ☐ Other ☐	☐ Muscle stiffness in ☐ Aura ☐ Muscle twitch in ☐ Other
Description notes:	
Post event: Unable to communicate Remembers event	Post event: Unable to communicate Remembers event
☐ Sleepy ☐ Muscle weakness ☐ Sleepy	☐ Sleepy ☐ Muscle weakness ☐ Sleepy
Post event notes:	Post event notes:
☐ Entered @ SeizureTracker.com	☐ Entered @ SeizureTracker.com
in Entire & Scizure France Com	□ Entered © Scizure Tracker.com
Log multiple similar events below-	Log multiple similar events below-
Date:Time:Length:minsec.	Date:Time:Length:minsec.
Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com	Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com
Date:Time:Length:minsec.	Date:Time:Length:minsec.
Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com	Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com
Date: Time: Length:minsec.	Date: Time: Length:minsec.
Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com	Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com
D.A. I	Detail I made
Date:Time:Length:minsec.	Date:Time:Length:minsec.
Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com	Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com
Date: Time: Length: min sec.	Date: Time: Length:min sec.
Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com	
Miood: Li Good Li Normai Li Dad Lintered @ Seizure i racker.com	Mood: Cood Normal Dod Determine Common Commo
	Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com
Date:Time:Length:minsec.	Date:Time:Length:minsec.
Date:Time:Length:minsec.	Date:Time:Length:minsec.