Infantile Spasms Log Sheet	Infantile Spasms Log Sheet
Date:Time:Length:minsec.	Date:Time:Length:minsec.
Number of spasms in cluster Severity: 1 \[\Bigcup 2 \Bigcup 3 \Bigcup 4 \Bigcup 5 \Bigcup \]	Number of spasms in cluster Severity: 1 \[\begin{array}{c c} 2 \end{array} & 3 \[\begin{array}{c c} 4 \end{array} & 5 \end{array} \]
Less More	Less More
Mood: ☐ Good ☐ Normal ☐ Bad OTC Medications	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 ☐ Other ☐	☐ Muscle twitch in ☐ Other ☐
Description notes:	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
The same field of a the transfer field.	The second Media Coefficiency and India
Log multiple similar events below- Date: Time: Length:min sec.	Log multiple similar events below- Date: Time: Length:min sec.
Number of spasms in cluster Severity: 1 \[\begin{array}{c c} 2 \end{array} & 3 \[\begin{array}{c c} 4 \end{array} & 5 \] Less More	Number of spasms in cluster Severity: 1 \(\subseteq 2 \subseteq 3 \subseteq 4 \subseteq 5 \subseteq \text{More} \) Less
Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com	Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com
Miood. In Good In Norman In Bad	Normal & Bad
Date:Time:Length:minsec.	Date: Time: Length:min sec.
Number of spasms in cluster Severity: 1 \[\bigcup 2 \[\bigcup 3 \] \[\bigcup 4 \[\bigcup 5 \]	Number of spasms in cluster Severity: 1 \[\bigcup 2 \bigcup 3 \\ \bigcup 4 \bigcup 5 \\ \bigcup \]
Less More	Less More
Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com	Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com
Date:Time:Length:minsec.	Date: Time: Length:minsec.
Number of spasms in cluster Severity: 1 \[\Bigcup 2 \Bigcup 3 \Bigcup 4 \Bigcup 5 \Bigcup \Bigcup \]	Number of spasms in cluster Severity: $1 \square 2 \square 3 \square 4 \square 5 \square$
Less More	Less More
Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com	Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com
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Date:Time:Length:minsec.	Date:Time:Length:minsec.
Number of spasms in cluster Severity: $1 \square 2 \square 3 \square 4 \square 5 \square$	Number of spasms in cluster Severity: 1 \[\bigcup 2 \Bigcup 3 \Bigcup 4 \Bigcup 5 \Bigcup \]
Less More Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com	Mood: ☐ Good ☐ Normal ☐ Bad ☐ Entered @ SeizureTracker.com