

## PKU affects everyone differently. Learn more about how it may be affecting you.

Complete this tracker and take it to your next appointment to discuss your symptoms with your healthcare team.

•			Date:
		It is difficult for me to focus.	
0	•	•	•
Never		Sometimes	Always
I h	ave recently found it d	ifficult to maintain a PKU-friendly, Phe	-restricted diet.
O	•	•	•
Never		Sometimes	Always
	I can be forgetful, and	l often misplace things or need repeate	ed reminders.
0	•	•	•
Never		Sometimes	Always
	I feel uncomfortable	in groups or get anxious when leaving	the house.
)	•	•	•
Never		Sometimes	Always
		stand what is causing my mood chang eel sad or angry without knowing why.	
)	•	•	•
Never		Sometimes	Always
	l often fe	eel "foggy" or unable to pay attention.	
0	•	•	•
Never		Sometimes	Always
ı	often have trouble org	janizing daily tasks and figuring out a រុ	olan of action.
0	•	•	•
Never		Sometimes	Always
It can t	ake me a long time to ı	respond to a question, and I find it diffi	cult to think quickly.
0	•	•	•
Never		Sometimes	Always

Find out where greater Phe control can take you at PKU.com





		Date:
	is difficult for the person with PKU to focus.	
ever	Sometimes	Alway
The	person with PKU finds it difficult to maintain a PKU-friendly, F	Phe-restricted diet.
ever	Sometimes	Alway
	The person with PKU is forgetful and needs repeated re	minders.
)———	•	•
ever	Sometimes	Alway
The perso	n with PKU appears uncomfortable in groups or gets anxious	when leaving the house.
	Sometimes son with PKU's mood changes, and they can feel sad or angry	
The pers	Sometimes  son with PKU's mood changes, and they can feel sad or angry  Sometimes	without knowing why.
The pers	son with PKU's mood changes, and they can feel sad or angry	without knowing why.  Alway
The pers	son with PKU's mood changes, and they can feel sad or angry  Sometimes	Alway
The pers	son with PKU's mood changes, and they can feel sad or angry  Sometimes	without knowing why.  Alway
The pers	Son with PKU's mood changes, and they can feel sad or angry  Sometimes  The person with PKU often seems to be "in a fog" or unable to	without knowing why.  Alway  pay attention.
The pers	Sometimes  The person with PKU often seems to be "in a fog" or unable to  Sometimes	without knowing why.  Alway  pay attention.
The person	Sometimes  The person with PKU often seems to be "in a fog" or unable to  Sometimes	without knowing why.  Alway  pay attention.
The person	Sometimes  The person with PKU often seems to be "in a fog" or unable to Sometimes  on with PKU often has trouble organizing daily tasks and figure	without knowing why.  Alway  pay attention.  Alway  Alway  Alway
ever	Sometimes  The person with PKU often seems to be "in a fog" or unable to Sometimes  Sometimes  To with PKU often has trouble organizing daily tasks and figure Sometimes  It can take the person with PKU a long time to respond to	without knowing why.  Alway  pay attention.  Alway  Alway  Alway

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