

## PATIENT MOTOR DIARY

**Directions:** Please complete two 24-hour diaries before your appointment. These will help us to understand your symptoms better by showing us how much time you spend in the different Parkinson's states (on, on with troubling dyskinesia and off) and when you are asleep. The patient diary is divided into 30-minute sections starting at midnight and ending at 11:30 p.m. Please place **only** one "x" in the box that best describes how you are doing at each time period.

### Definition of terms:

\* **On:** Your Parkinson's medications are working and you can move around as well as you can.

\* **On with troubling dyskinesia:** You are troubled by involuntary, twisting movements or are "wiggly." This is NOT tremor. You may or may not have this symptom.

\* **Off:** Your Parkinson's medications are not working as well and you feel more stiff, slow, have more tremor and/or can't get around as well.

### A.M Report

### P.M. Report

Time	ON	On with Dyskinesia	Off	Asleep	Time	ON	On with Dyskinesia	Off	Asleep
12:00am-12:30 am					12:00pm-12:30 pm				
12:30am-1:00am					12:30pm-1:00pm				
1:00am-1:30am					1:00pm-1:30pm				
1:30am-2:00am					1:30pm-2:00pm				
2:00am-2:30am					2:00pm-2:30pm				
2:30am-3:00am					2:30pm-3:00pm				
3:00am-3:30am					3:00pm-3:30pm				
3:30am-4:00am					3:30pm-4:00pm				
4:00am-4:30am					4:00pm-4:30pm				
4:30am-5:00am					4:30pm-5:00pm				
5:00am-5:30am					5:00pm-5:30pm				
5:30am-6:00am					5:30pm-6:00pm				
6:00am-6:30am					6:00pm-6:30pm				
6:30am-7:00am					6:30pm-7:00pm				
7:00am-7:30am					7:00pm-7:30pm				
7:30am-8:00am					7:30pm-8:00pm				
8:00am-8:30am					8:00pm-8:30pm				
8:30am-9:00am					8:30pm-9:00pm				
9:00am-9:30am					9:00pm-9:30pm				
9:30am-10:00am					9:30pm-10:00pm				
10:00am-10:30am					10:00pm-10:30pm				
10:30am-11:00am					10:30pm-11:00pm				
11:00am-11:30am					11:00pm-11:30pm				
11:30am-12:00pm					11:30pm-12:00am				