Meniere's Disease Log Book

This resource is for sufferers of Meniere's Disease to use to track the frequency and intensity of their vertigo attacks, as well as noting triggers and other associated symptoms.

Note down the date and time of the attack, tick either "Major" or "Minor", anything that triggered it, and any other information regarding the attack and other symptoms. E.g. "Ear fullness increased prior to an attack" or "tinnitus increased in volume".

Date	Major Attack	Minor Attack	Trigger	Notes