

Seizure diary — weekly log

Name: _____ Week starting: _____ Sheet: _____

Fill in one row per seizure, as soon after the event as you can. A witness can add what they saw. Bring completed sheets to every appointment.

Date	Time	Duration	Seizure type	Warning signs (aura)	Possible trigger	Medication taken	Notes

Also worth noting daily: hours of sleep, missed doses, stress, illness.