

week	date	day	neck	jaw	swallow	hands	wrists	forearms	elbows	upp.arms	shlders	back	chest	thighs	calves	socks	laces	reach	tired	weight
2014w37	2014-09-09	tue	4	2	2	5	5	5	5	5	5	4	5	5	3	5	5	5	3	65.1
2014w37	2014-09-10	wed	4	2	2	5	5	5	5	5	5	4	5	5	3	5	5	5	3	65.1
2014w37	2014-09-11	thu	4	2	2	5	5	5	5	5	5	4	5	5	3	5	5	5	3	65.1
2014w37	2014-09-12	fri	4	2	2	5	5	5	5	5	5	4	5	5	3	5	5	5	3	65.1
2014w37	2014-09-13	sat	4	2	2	5	5	5	5	5	5	4	5	5	3	5	5	5	3	64.4
2014w37	2014-09-14	sun	4	2	2	5	5	5	5	5	5	4	5	5	3	5	5	5	3	64.4
2014w38	2014-09-15	mon	4	2	2	5	5	5	5	5	5	4	5	5	3	5	5	5	3	64.9
2014w38	2014-09-16	tue	4	2	2	5	5	5	5	5	5	4	5	5	3	5	5	5	3	64.3
2014w38	2014-09-17	wed	4	2	2	5	5	5	5	5	5	4	5	5	3	5	5	5	3	64.4
2014w38	2014-09-18	thu	4	1	2	5	5	5	5	5	5	3	4	5	2	4	4	4	3	64.4

The numbers are in decreasing severity from 5 to 1. If your treatment is working the numbers should decrease gradually as the weeks and months go by.  
This table is just an example, choose what you want to measure and what numbers to use.