Vitamin B12 Brain Fog & Symptom Tracker

A free educational worksheet from Bio and Brain Health Info. This tracker cannot diagnose B12 deficiency. Use it to describe symptoms clearly when speaking with a healthcare professional.

1. Seven-day observations

Record when symptoms happen. Note practical examples rather than assuming the cause.

Day	Focus / memory changes	Other symptoms	Sleep / notes

2. B12 risk factor checklist

Mark any factors relevant to you: [ ] Vegan or low-animal-food diet [ ] Limited fortified foods [ ] Metformin or acid-reducing medication [ ] Digestive disease or bowel surgery [ ] Previous low B12 [ ] Other: _____

3. Appointment questions

What else could explain my cognitive symptoms? _____

Is a full blood count and total or active B12 test appropriate? _____

If the B12 result is borderline, would further testing such as MMA be useful? _____

Could a medicine or absorption condition affect my B12 status? _____

If treatment is needed, how will follow-up and symptom improvement be assessed? _____

4. Test and treatment record

Date	Test / result / units	Clinician advice / next action

Safety: new rapidly worsening confusion, trouble walking, weakness, or neurological symptoms need prompt clinical assessment. Sudden stroke-like symptoms require emergency care. Do not start injections or stop prescriptions based on this sheet.

Source to discuss with a clinician: NICE NG239 (2024), https://www.nice.org.uk/guidance/ng239/chapter/recommendations

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