

Concussion Grading Scale

Directions: After reading each symptom, please circle the number that best describes the way you have been feeling today. A rating of 0 means you have not experienced this symptom today. A rating of 6 means you have experienced severe problems with this symptom today.

Date Tested							
Date of Last Known Concussion (s)							
SYMPTOM	None	Mild		Moderate		Severe	
Headache	0	1	2	3	4	5	6
Nausea	0	1	2	3	4	5	6
Balance Problems	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Fatigue	0	1	2	3	4	5	6
Trouble Falling Asleep	0	1	2	3	4	5	6
Sleeping More than Usual	0	1	2	3	4	5	6
Sleeping Less than Usual	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Sensitivity to Light	0	1	2	3	4	5	6
Sensitivity to Noise	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervousness	0	1	2	3	4	5	6
Feeling More Emotional	0	1	2	3	4	5	6
Numbness or Tingling	0	1	2	3	4	5	6
Feeling Slowed Down	0	1	2	3	4	5	6
Feeling Mentally "Foggy"	0	1	2	3	4	5	6
Difficulty Remembering	0	1	2	3	4	5	6
Visual Problems (Double Vision, blurring, etc)	0	1	2	3	4	5	6
HDN SCORE:							
GRAND TOTAL OF ALL SYMPTOMS:							