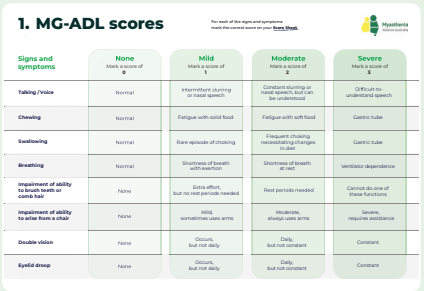
Myasthenia
Alliance Australia

MG-ADL symptom tracker

The Myasthenia Gravis Activities of Daily Living (MG-ADL) Symptom Tracker is the most commonly used tool to measure and monitor gMG symptoms over time. It measures 8 common signs and symptoms that relate to daily life. Answering the questions based on the impact gMG has had on your quality of life over time, compiling your scores and tracking your totals on the graph provided can give you a visual picture that you can share with your healthcare team.

Whilst the MG-ADL Tool is comprehensive, everyone's experience can differ, so we also encourage you to use the notes section to personalise your symptom monitoring and track what matters most to you.

1

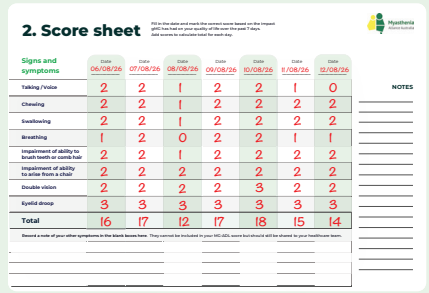

1. MG-ADL scores

Signs and symptoms	None Mark a score of 0	Mild Mark a score of 1	Moderate Mark a score of 2	Severe Mark a score of 3
Talking / Voice	Normal	Intermittent slurring or nasal speech	Constant slurring or nasal speech, but can be understood	Difficult-to-understand speech
Chewing	Normal	Fatigue with solid food	Fatigue with soft food	Gastric tube
Swallowing	Normal	Rare episode of choking	Frequent choking necessitating changes in diet	Gastric tube
Breathing	Normal	Shortness of breath with exertion	Shortness of breath at rest	Ventilator dependence
Impairment of ability to brush teeth or comb hair	None	Extra effort, but no rest periods needed	Rest periods needed	Cannot do one of these functions
Impairment of ability to arise from a chair	None	Mild, sometimes uses arms	Moderate, always uses arms	Severe, requires assistance
Double vision	None	Occurs, but not daily	Daily, but not constant	Constant
Eyelid droop	None	Occurs, but not daily	Daily, but not constant	Constant

MG-ADL symptoms

is your reference for scoring

2


2. Score sheet

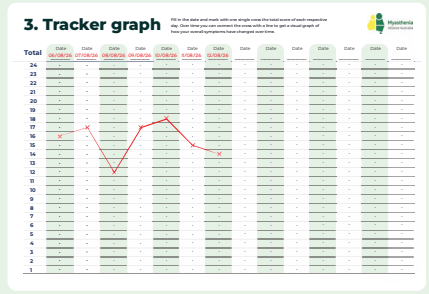
Signs and symptoms	Date 06/08/26	Date 07/08/26	Date 08/08/26	Date 09/08/26	Date 10/08/26	Date 11/08/26	Date 12/08/26
Talking / Voice	2	2	1	2	2	1	0
Chewing	2	2	1	2	2	2	2
Swallowing	2	2	1	2	2	2	2
Breathing	1	2	0	2	2	1	1
Impairment of ability to brush teeth or comb hair	2	2	1	2	2	2	2
Impairment of ability to arise from a chair	2	2	2	2	2	2	2
Double vision	2	2	2	2	3	2	2
Eyelid droop	3	3	3	3	3	3	3
Total	16	17	12	17	18	15	14

NOTES

Score sheet

is where you add up your scores

3


3. Tracker graph

Tracker graph

is where you mark your total scores over time

HOW TO USE

Answer the questions based on the impact gMG has had on your quality of life over the past 7 days.

- Use the reference guide to score score your symptoms,
- Mark up your daily score sheet
- Add your total
- Transfer to the Tracker Graph with a cross

Note: you may want to record other symptoms not on the MG-ADL on your sheet. They cannot be added to your MG-ADL score sheet but if they are important to share with your healthcare team, we encourage you to note them here and bring to your appointments.

1. MG-ADL scores

For each of the signs and symptoms mark the correct score on your **Score Sheet**.

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Signs and symptoms	None Mark a score of **0**	Mild Mark a score of **1**	Moderate Mark a score of **2**	Severe Mark a score of **3**
Talking / Voice	Normal	Intermittent slurring or nasal speech	Constant slurring or nasal speech, but can be understood	Difficult-to-understand speech
Chewing	Normal	Fatigue with solid food	Fatigue with soft food	Gastric tube
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Double vision	None	Occurs, but not daily	Daily, but not constant	Constant
Eyelid droop	None	Occurs, but not daily	Daily, but not constant	Constant

2. Score sheet

Fill in the date and mark the correct score based on the impact gMG has had on your quality of life over the past 7 days.
Add scores to calculate total for each day.

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Signs and symptoms	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____
Talking / Voice							
Chewing							
Swallowing							
Breathing							
Impairment of ability to brush teeth or comb hair							
Impairment of ability to arise from a chair							
Double vision							
Eyelid droop							
Total							
Record a note of your other symptoms in the blank boxes here. They cannot be included in your MG-ADL score but should still be shared to your healthcare team.							

NOTES

3. Tracker graph

Fill in the date and mark with one single cross the total score of each respective day. Over time you can connect the cross with a line to get a visual graph of how your overall symptoms have changed over time.

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Total	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____
24	·	·	·	·	·	·	·	·	·	·	·	·	·	·
23	·	·	·	·	·	·	·	·	·	·	·	·	·	·
22	·	·	·	·	·	·	·	·	·	·	·	·	·	·
21	·	·	·	·	·	·	·	·	·	·	·	·	·	·
20	·	·	·	·	·	·	·	·	·	·	·	·	·	·
19	·	·	·	·	·	·	·	·	·	·	·	·	·	·
18	·	·	·	·	·	·	·	·	·	·	·	·	·	·
17	·	·	·	·	·	·	·	·	·	·	·	·	·	·
16	·	·	·	·	·	·	·	·	·	·	·	·	·	·
15	·	·	·	·	·	·	·	·	·	·	·	·	·	·
14	·	·	·	·	·	·	·	·	·	·	·	·	·	·
13	·	·	·	·	·	·	·	·	·	·	·	·	·	·
12	·	·	·	·	·	·	·	·	·	·	·	·	·	·
11	·	·	·	·	·	·	·	·	·	·	·	·	·	·
10	·	·	·	·	·	·	·	·	·	·	·	·	·	·
9	·	·	·	·	·	·	·	·	·	·	·	·	·	·
8	·	·	·	·	·	·	·	·	·	·	·	·	·	·
7	·	·	·	·	·	·	·	·	·	·	·	·	·	·
6	·	·	·	·	·	·	·	·	·	·	·	·	·	·
5	·	·	·	·	·	·	·	·	·	·	·	·	·	·
4	·	·	·	·	·	·	·	·	·	·	·	·	·	·
3	·	·	·	·	·	·	·	·	·	·	·	·	·	·
2	·	·	·	·	·	·	·	·	·	·	·	·	·	·
1	·	·	·	·	·	·	·	·	·	·	·	·	·	·