

SYMPTOM TRACKER

Rate how often you experience each of the following symptoms using the following frequency scale:

0 = never 1 = monthly 2 = weekly 3 = daily

GENERAL

0 1 2 3

Fever
Chills/Cold all over
Cold intolerance
Aches/Pains
General weakness
Difficulty sweating

0 1 2 3

Excessive sweating
Heat intolerance
Swollen glands
Cold hands & feet
Low blood pressure
Distorted vision

EARS

0 1 2 3

Aches
Discharge
Pains
Ringing
Deafness/Hearing loss
Feeling of fullness

0 1 2 3

Itching
Pressure
Frequent infections
Tubes in ears
Sensitive to loud noises
Hearing hallucinations

THROAT

0 1 2 3

Mucus
Difficulty swallowing
Frequent hoarseness
Tonsillitis

0 1 2 3

Enlarged glands
Constant clearing of throat
Throat closes up

FREQUENCY SCALE
0 = never 1 = monthly 2 = weekly 3 = daily

HEAD

0 1 2 3

Headaches after meals
Headaches if meals skipped
Headaches severe
Headaches migraine
Headaches frontal
Occipital (back of head) aches

0 1 2 3

Piercing headaches
Afternoon headaches
Daytime headaches
Headaches relieved by eating sweets
Face twitch or ticks

EYES

0 1 2 3

Feeling of sand in eyes
Double vision
Blurred vision
Poor night vision
See bright flashes
Halo around lights
Eye pains

0 1 2 3

Floaters in eyes
Puffiness under eyes
Strong light irritates
Cataracts
Visual hallucinations
Conjunctivitis
Eye crusting

NECK

0 1 2 3

Stuffy
Stiffness
Swelling

0 1 2 3

Lumps
Neck glands swell

FREQUENCY SCALE
0 = never 1 = monthly 2 = weekly 3 = daily

SKIN/HAIR/NAILS

0 1 2 3

Cuts heal slowly
Bruise easily
Rashes
Pigmentation
Changing moles
Calluses
Eczema
Psoriasis
Dryness/cracking skin
Oiliness
Itching
Acne
Boils
Hives
Fungus on nails
Hair loss
Peeling skin

0 1 2 3

Shingles
Nails split
Fingernails chip, break or peel
White spots/Lines on nails
Crawling sensation
Burning on bottom of feet
Athletes foot
Cellulite
Circles under eyes
Bugs love to bite you

Is your skin sensitive to:

Sun?
Fabrics?
Detergents?
Lotions & creams?

FREQUENCY SCALE
0 = never 1 = monthly 2 = weekly 3 = daily

NOSE/SINUSES

0 1 2 3

Stuffy
Bleeding
Running/Discharge
Watery nose
Congested
Infection
Polyps
Acute smell
Drainage

0 1 2 3

Sneezing spells
Post nasal drip
No sense of smell
Change of seasons tend to
make your symptoms worse
If yes, is it worse in the:
Spring?
Summer?
Fall?
Winter?

MOUTH

0 1 2 3

Coated tongue
Sore tongue
Dental problems
Bleeding gums
Canker sores
TMJ
Cracked lips/corners

0 1 2 3

Chapped lips
Fever blisters
Wear dentures
Grind teeth when sleeping
Bad breath
Dry mouth

FREQUENCY SCALE
0 = never 1 = monthly 2 = weekly 3 = daily

CIRCULATION/RESPIRATION

0 1 2 3

Swollen ankles
Sensitive to hot
Sensitive to cold
Extremities cold or clammy
Hands/Feet go to sleep/
numbness/tingling
High Blood Pressure
Chest pain
Pain between shoulders
Dizziness upon standing
Fainting spells
High cholesterol
High triglycerides
Wheezing
Irregular heartbeat
Palpitations
Low exercise tolerance
Frequent coughs
Breathing heavily

0 1 2 3

Frequently sighing
Shortness of breath
Night sweats
Varicose veins/spider veins
Mitral valve prolapse
Murmurs
Skipped heartbeat
Heart enlargement
Angina pain
Bronchitis/Pneumonia
Emphysema
Croup
Frequent colds
Heavy/tight chest
Phlebitis

FREQUENCY SCALE
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GASTROINTESTINAL

0 1 2 3

Peptic/Duodenal Ulcer

Poor appetite

Excessive appetite

Gallstones

Gallbladder pain

Liver pain

Nervous stomach

Full feeling after small meal

Indigestion

Heartburn

Acid Reflux

Hiatal Hernia

Nausea

Vomiting

Vomiting blood

Abdominal Pains/Cramps

Loss of taste for meat

Feeling of incomplete bowel
evacuation

Gas

0 1 2 3

Diarrhea

Constipation

Changes in bowels

Rectal bleeding

Tar-like stools

Rectal itching

Bloating

Belch frequently

Anal itching

Anal fissures

Bloody stools

Pale yellow/tan/gray stools

Green stools

Mucus in stool

Undigested food in stools

Bad breath

Stomach upset taking
vitamins

Anemia unresponsive to iron

FREQUENCY SCALE
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KIDNEY/URINARY TRACT

0 1 2 3

Burning
Frequent urination
Blood in urine
Night time urination
Problem passing urine
Kidney pain
Kidney stones

0 1 2 3

Painful urination
Bladder infections
Kidney infections
Bedwetting
Pain in mid back region
Incontinence or loss of bladder control

JOINTS/MUSCLES/TENDONS

0 1 2 3

Pain wakes you
Muscle twitches
Weakness in legs and arms
Balance problems
Muscle cramping
Foot cramps
Pain in tendons
Joint issues

0 1 2 3

Spasms
Head injury
Muscle stiffness in morning
Damp weather bothers you
Pain in mid back region
Restless leg syndrome
Considered clumsy

NERVOUS SYSTEM

0 1 2 3

Convulsions
Dizziness
Fainting spells
Blackouts/amnesia

0 1 2 3

Forgetfulness

FREQUENCY SCALE
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MENTAL HEALTH

0	1	2	3		0	1	2	3
				Poor memory				Often break out in cold sweats
				Forgetfulness				Profuse sweating
				Indecisive				Depressed
				Confusion				Often awakened by frightening dreams
				Mental sluggishness				Misunderstood by others
				Poor concentration				Irritable
				Frequently keyed up and jittery				Feeling of hostility/volatile or aggressive
				Startled by sudden noises				Fatigue
				Anxiety/Feeling of panic				Hyperactive
				Go to pieces easily				Vision changes
				Listless/groggy				Unable to coordinate muscles
				Withdrawn feeling/Feeling 'lost'				Have difficulty falling asleep
				Unable to concentrate/short attention span				Have difficulty staying asleep
				Unable to reason				Daytime sleepiness
				Tend to worry needlessly				Workaholic
				Considered a nervous person by others				Have had hallucinations
				Unusual tension				Feel regular grief
				Frustration				Feel regular joy
				Emotional numbness				Often feel relaxed

FREQUENCY SCALE
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SLEEP SYMPTOMS

0 1 2 3

Difficulty falling asleep
Early waking
Waking between 2:00 and 4:00 am
Unable to fall back asleep after waking in the night
Sleep 6 to 8 hours per night
Wake up unrefreshed

0 1 2 3

Daytime sleepiness
Fatigue
No dream recall
Sleepwalker
Nightmares
Snoring
Sleep apnea

MALE SYMPTOMS

0 1 2 3

Prostate enlargement
Prostate infection
Change in libido
Impotence
Diminished/poor libido
Infertility
Lumps in testicles
Sore on penis
Genital pain
Hernia

0 1 2 3

Low sperm count
Difficulty obtaining erection
Difficulty maintaining an erection
Nocturia (urination at night)
Urgency/Hesitancy/Change in
Urinary Stream
Loss of bladder control
Pain on inside of legs or heels

FREQUENCY SCALE
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FEMALE SYMPTOMS

0 1 2 3

Fibrocystic breasts
Lumps in breast
Fibroid Tumors in breasts
Spotting
Heavy periods
Fibroid Tumors in uterus
Painful periods
Change in period
Breast soreness before period
Endometriosis
Non-period bleeding
Breast soreness during period
Vaginal dryness
Vaginal discharge
Partial/total hysterectomy
Depression during periods
Hot flashes

0 1 2 3

Mood swings
Concentration/Memory problems
Ovarian cysts
Pregnant
Infertility
Decreased libido
Heavy bleeding
Joint pains
Headaches
Weight gain
Loss of bladder control
Palpitations
Thinning skin
Pain during intercourse
Food cravings