Name				Date	
Rate each of the	e following symptoms based upon your	typical health pro	file for: □ Past 30 da	ays □ Past 48 hours	
Point Scale	 o — Never or almost never have the symptoms 1 — Occasionally have it, effect is not severe 		 2 — Occasionally have it, effect is severe 3 — Frequently have it, effect is not severe 4 — Frequently have it, effect is severe 		
Head	Headaches		Digestive	Nausea, vomiting	
	Faintness		Tract	Diarrhea	
	Dizziness			Constipation	
	Insomnia	Total		Bloated feeling	
				Belching, passing gas	
Eyes	Watery or itchy eyes			Heartburn	
	Swollen, reddened or sticky eyelids			Intestinal/stomach pain	Total
	Bags or dark circles under eyes			· · · · · · · · · · · · · · · · · · ·	
	Blurred or tunnel vision (does not include		Joints/	Pain or aches in joints	
	near- or farsightedness)	Total	Muscles	Arthritis	
Nose	Italau a a ra			Stiffness or limitation of movement	
	Itchy ears			Pain or aches in muscles	
	Earaches, ear infections			Feeling of weakness or tiredness	Total
	Drainage from ear Ringing in ears, hearing loss	Total	Weight	Binge eating/drinking	
			-	Craving certain foods	
	Stuffy nose			Excessive weight	
	Sinus problems			Compulsive eating	
	Hay fever			Water retention	
	Sneezing attacks			Underweight	Total
	Excessive mucus formation	Total			
Mouth/	Chronic coughing		Energy/	Fatigue, sluggishness	
Throat	Chronic coughingGagging, frequent need to clear throa	+	Activity	Apathy, lethargy	
	Sore throat, hoarseness, loss of voice			Hyperactivity	
	Swollen or discolored tongue, gums of			Restlessness	Total
	Canker sores	Total	Mind	Poor memory	
	Calikei soles	Totat	- Miliu	Confusion, poor comprehension	
Skin	Acne			Poor concentration	
	Hives, rashes, dry skin			Poor physical coordination	
	Hair loss			Difficulty in making decisions	
	Flushing, hot flashes			Stuttering or stammering	
	Excessive sweating	Total		Slurred speech	
			-	Learning disabilities	Total
Heart	Irregular or skipped heartbeat			Ecanning disabilities	10tat
	Rapid or pounding heartbeat		Emotions	Mood swings	
	Chest pain	Total		Anxiety, fear, nervousness	
Lungs	Chest congestion			Anger, irritability, aggressiveness	
	Asthma, bronchitis			Depression	Total
	Shortness of breath				
	Difficulty breathing	Total	Other	Frequent illness	
	Dimetally breatiffing	TOTAL		Frequent or urgent urination	
				Genital itch or discharge	Total



