

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Rate each of the following symptoms based on the last week using the point scale below:**

- |  |  |
|--|--|
| 0 Never or rarely have the symptom           | 3 Frequently have it, effect is not severe |
| 1 Occasionally have it, effect is not severe | 4 Frequently have it, effect is severe     |
| 2 Occasionally have it, effect is severe     |  |

<b>Digestive tract</b>	Nausea, vomiting	0	1	2	3	4
	Diarrhea	0	1	2	3	4
	Constipation	0	1	2	3	4
	Bloated feeling	0	1	2	3	4
	Heartburn	0	1	2	3	4
	Intestinal, stomach pain	0	1	2	3	4
<b>Digestive total:</b>						

<b>Joints/muscles</b>	Pain or aches in joints	0	1	2	3	4
	Arthritis, joint swelling	0	1	2	3	4
	Stiff or limitation of movement	0	1	2	3	4
	Pain or aches in muscles	0	1	2	3	4
	Feeling of weakness or tired	0	1	2	3	4
<b>Joints/muscles total:</b>						

<b>Emotional</b>	Mood swings	0	1	2	3	4
	Anxiety, fear, nervousness	0	1	2	3	4
	Anger, irritability, aggression	0	1	2	3	4
	Depression	0	1	2	3	4
<b>Emotional total:</b>						

<b>Weight/food</b>	Binge eating, drinking	0	1	2	3	4
	Craving certain foods	0	1	2	3	4
	Excessive weight	0	1	2	3	4
	Compulsive eating, food addictions	0	1	2	3	4
	Water retention	0	1	2	3	4
	Underweight	0	1	2	3	4
<b>Weight/food total:</b>						

<b>Energy/sleep</b>	Fatigue, sluggishness	0	1	2	3	4
	Apathy, lethargy	0	1	2	3	4
	Hyperactivity	0	1	2	3	4
	Restlessness, achiness	0	1	2	3	4
	Sleep disturbances	0	1	2	3	4
<b>Energy/sleep total:</b>						

<b>Skin</b>	Acne	0	1	2	3	4
	Hives, rashes, dry skin, redness	0	1	2	3	4
	Hair loss	0	1	2	3	4
	Flushing, hot flashes	0	1	2	3	4
	Excessive sweating	0	1	2	3	4
<b>Skin total:</b>						

<b>Heart</b>	Irregular or skipped heartbeat	0	1	2	3	4
	Rapid or pounding heartbeat	0	1	2	3	4
	Chest pain	0	1	2	3	4
<b>Heart total:</b>						

<b>Other</b>	Frequent illness	0	1	2	3	4
	Frequent or urgent urination	0	1	2	3	4
	Genital itch or discharge	0	1	2	3	4
<b>Other total:</b>						

<b>Respiratory</b>	Chest congestion	0	1	2	3	4
	Asthma, bronchitis	0	1	2	3	4
	Shortness of breath	0	1	2	3	4
	Difficulty breathing	0	1	2	3	4
<b>Respiratory total:</b>						

<b>Eyes</b>	Watery or itchy eyes	0	1	2	3	4
	Swollen, red, or sticky eyelids	0	1	2	3	4
	Bags or dark circles under eyes	0	1	2	3	4
	Blurred or restricted vision	0	1	2	3	4
<b>Eyes total:</b>						

<b>Nose</b>	Stuffy nose	0	1	2	3	4
	Sinus problems or dripping nose	0	1	2	3	4
	Hay fever	0	1	2	3	4
	Sneezing attacks	0	1	2	3	4
	Excessive mucus	0	1	2	3	4
<b>Nose total:</b>						

<b>Mouth/throat</b>	Frequent, consistent coughing	0	1	2	3	4
	Gagging, need to clear throat	0	1	2	3	4
	Sore throat, hoarse, loss of voice	0	1	2	3	4
	Swollen or discolored tongue, gums, or lips	0	1	2	3	4
	Canker sores, other mouth sores	0	1	2	3	4
<b>Mouth/throat total:</b>						

<b>Ears</b>	Itchy ears	0	1	2	3	4
	Earaches, ear infections	0	1	2	3	4
	Drainage from ear, waxy buildup	0	1	2	3	4
	ringing in ears, hearing loss	0	1	2	3	4
<b>Ears total:</b>						

<b>Head</b>	Headaches	0	1	2	3	4
	Faintness or lightheadedness	0	1	2	3	4
	Dizziness	0	1	2	3	4
<b>Head total:</b>						

<b>Cognitive</b>	Poor memory, recall	0	1	2	3	4
	Confusion, poor comprehension	0	1	2	3	4
	Poor concentration	0	1	2	3	4
	Poor physical coordination	0	1	2	3	4
	Difficulty making decisions	0	1	2	3	4
	Stuttering, stammering	0	1	2	3	4
	Slurred speech	0	1	2	3	4
	Learning disabilities	0	1	2	3	4
	<b>Cognitive total:</b>					

**Grand total** \_\_\_\_\_