

**Please mark where appropriate**

<b>SLEEP</b>	Cannot	Too much	Vivid dreams	Cannot get to sleep	Can get to, but cannot stay asleep	Awake 1-3 AM, cannot get back to sleep	Awake 3-5 AM cannot get back to sleep	Go to toilet during night
<b>HEADACHES</b>	Frequency? <i>Daily</i> <i>Weekly</i> <i>Monthly</i>	Front	Back	Left	Right	Top	All over	Triggered by?
<b>APPETITE</b>	Strong	Weak	Average	Little appetite, but eat because I should	No appetite	Favorite Flavor? <i>Sweet</i> <i>Sour</i> <i>Salty</i> <i>Bitter</i> <i>Spicy</i>		
<b>THIRST FLUID CONSUMPTION</b>	Strong	Very strong (always thirsty)	Weak	8 Glasses/day because it's good for me	Prefer cold drinks	Prefer warm drinks	Prefer room temperature	Alcohol Frequency?
<b>DIGESTION</b>	Daily bowel movements	Less than 1x daily	More than 1x daily	Every 2 or 3 days	Weekly	Hard stools/constipation	Loose stools/diarrhea	
<b>STOMACH</b>	Bloating	Heartburn	Nausea	Vomiting	Pain			
<b>CHEST</b>	Heavy	Difficult breathing	Pain	Palpitations/racing heart	Anxiety/tightness	Phlegm	Cough	
<b>PERSPIRATION</b>	Easily with strenuous exercise	Easily without exercise	At night	With chills	With hot flushes	Very little	Not at all	
<b>SKIN</b>	Puffy	Dry	Oily	Itchy	Lesions			
<b>NOSE</b>	Blocked	Runny	Bleeds					
<b>EAR</b>	ringing	Poor hearing	Pain					
<b>THROAT</b>	Always tender	Tender on occasion	Tender & painful now	Very rarely	Dry			
<b>URINATION</b>	Copious	Little	Associated discomfort	Less than comfortable	Lack of bladder control	Infections		
<b>MENSTRUATION</b>	Pain/PMS	Clotting	Regular	Irregular	Associated with constipation	Loose stools with onset	Associated with headaches	Associated with loss of energy
<b>STIFFNESS</b>	Neck	Shoulders	Mid back	Lower back	Hips	Legs	Arms	
<b>NUMBNESS</b>	Neck/head	Shoulders	Mid back	Lower back	Hips	Legs	Arms	
<b>DIZZINESS</b>	With exercise	Upon rising in AM	With movement	No pattern				
<b>QUALITY OF PAIN/ DISCOMFORT</b>	Dull nagging ache	Debilitating severe pain	Searing pain with movement	Pain regardless of movement	Pain interrupts sleep	Discomfort worse on rising in AM	Continuous unrelenting pain	
<b>LOCATION OF PAIN/ DISCOMFORT</b>	Head	Neck Shoulders Arms	Mid back	Low back	Hips	Legs	Chest Abdomen	Other
<b>ENERGY</b>	Always low	Fluctuates	Not enough	Easily tired	Unable to relax			