

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

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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

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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

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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

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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



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MENTAL HEALTH

0 1 2 3

Poor memory
Forgetfulness
Indecisive
Confusion
Mental sluggishness
Poor concentration
Frequently keyed up and jittery
Startled by sudden noises
Anxiety/Feeling of panic
Go to pieces easily
Listless/groggy
Withdrawn feeling/Feeling 'lost'
Unable to concentrate/short attention span
Unable to reason
Tend to worry needlessly
Considered a nervous person by others
Unusual tension
Frustration
Emotional numbness

0 1 2 3

Often break out in cold sweats
Profuse sweating
Depressed
Often awakened by frightening dreams
Misunderstood by others
Irritable
Feeling of hostility/volatile or aggressive
Fatigue
Hyperactive
Vision changes
Unable to coordinate muscles
Have difficulty falling asleep
Have difficulty staying asleep
Daytime sleepiness
Workaholic
Have had hallucinations
Feel regular grief
Feel regular joy
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

MEN'S SYMPTOMS (MEN ONLY)

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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WOMEN'S SYMPTOMS (WOMEN ONLY)

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

0 1 2 3

- Hot flashes
- 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