

Corrected List of Predefined Categories for Symptom Tracking (0= no problem, 10 = the worst)

1 Category Sleep

- | | |
|---|--|
| <input type="checkbox"/> Bruxism | <input type="checkbox"/> Difficulty falling asleep |
| <input type="checkbox"/> Difficulty maintaining sleep | <input type="checkbox"/> Difficulty waking |
| <input type="checkbox"/> Disregulated sleep cycles | <input type="checkbox"/> Narcolepsy |
| <input type="checkbox"/> Night sweats | <input type="checkbox"/> Night terrors |
| <input type="checkbox"/> Nightmares or vivid dreams | <input type="checkbox"/> Nocturnal enuresis |
| <input type="checkbox"/> Periodic leg movements | <input type="checkbox"/> Restless leg |
| <input type="checkbox"/> Restless sleep | <input type="checkbox"/> Sleep apnea |
| <input type="checkbox"/> Sleep walking | <input type="checkbox"/> Talking during sleep |
| <input type="checkbox"/> Snoring | |

2 Category Attention and Learning

- | | |
|---|---|
| <input type="checkbox"/> Difficulty completing tasks | <input type="checkbox"/> Difficulty following instructions |
| <input type="checkbox"/> Difficulty making decisions | <input type="checkbox"/> Difficulty organizing personal time or space |
| <input type="checkbox"/> Difficulty remembering names | <input type="checkbox"/> Difficulty shifting attention |
| <input type="checkbox"/> Difficulty shifting tasks | <input type="checkbox"/> Difficulty thinking clearly |
| <input type="checkbox"/> Difficulty understanding Conversations | <input type="checkbox"/> Distractibility |
| <input type="checkbox"/> Lack of alertness | <input type="checkbox"/> Lacking common sense |
| <input type="checkbox"/> Messy handwriting | <input type="checkbox"/> Not listening |
| <input type="checkbox"/> Poor concentration | <input type="checkbox"/> Poor drawing ability |
| <input type="checkbox"/> Poor math | <input type="checkbox"/> Poor short-term memory |
| <input type="checkbox"/> Poor sustained attention | <input type="checkbox"/> Poor verbal expression |
| <input type="checkbox"/> Poor vocabulary | <input type="checkbox"/> Poor word finding |
| <input type="checkbox"/> Reading difficulty | <input type="checkbox"/> Slow thinking |
| <input type="checkbox"/> Unmotivated | |

3 Category Sensory

- | | |
|--|---|
| <input type="checkbox"/> Auditory hypersensitivity | <input type="checkbox"/> Chemical sensitivities |
| <input type="checkbox"/> Motion sickness | <input type="checkbox"/> Poor body awareness |
| <input type="checkbox"/> Somatosensory deficits | <input type="checkbox"/> Tactile hypersensitivity |
| <input type="checkbox"/> Tinnitus | <input type="checkbox"/> Vertigo |
| <input type="checkbox"/> Visual Deficits | <input type="checkbox"/> Visual hypersensitivity |

4 Category Behavioral

- | | |
|---|---|
| <input type="checkbox"/> Addictive behaviors | <input type="checkbox"/> Aggressive behavior |
| <input type="checkbox"/> Anorexia | <input type="checkbox"/> Autistic stimming |
| <input type="checkbox"/> Binging and purging | <input type="checkbox"/> Class clown |
| <input type="checkbox"/> Compulsive behaviors | <input type="checkbox"/> Compulsive eating |
| <input type="checkbox"/> Crying | <input type="checkbox"/> Exaggerated startle response |
| <input type="checkbox"/> Excessive talking | <input type="checkbox"/> Hyperactivity |
| <input type="checkbox"/> Hypervigilance | <input type="checkbox"/> Impulsivity |
| <input type="checkbox"/> Inflexibility | <input type="checkbox"/> Lack of appetite awareness |
| <input type="checkbox"/> Lack of sense of humor | <input type="checkbox"/> Lack of social interest |
| <input type="checkbox"/> Manipulative behavior | <input type="checkbox"/> Motor or vocal tics |
| <input type="checkbox"/> Nail biting | <input type="checkbox"/> Oppositional or defiant behavior |
| <input type="checkbox"/> Poor eye contact | <input type="checkbox"/> Poor grooming |
| <input type="checkbox"/> Poor social or emotional reciprocity | |
| <input type="checkbox"/> Poor speech articulation | <input type="checkbox"/> Self-injurious behavior |

___ Stuttering

___ Rages

5 Category Emotional

- ___ Agitation
- ___ Anxiety
- ___ Difficult to soothe
- ___ Easily embarrassed
- ___ Fears
- ___ Flashbacks of trauma
- ___ Irritability
- ___ Lack of pleasure
- ___ Low self-esteem
- ___ Mood swings
- ___ Obsessive worries
- ___ Paranoia

- ___ Anger
- ___ Depression
- ___ Dissociative episodes
- ___ Emotional reactivity
- ___ Feelings of unreality
- ___ Impatience
- ___ Lack of emotional awareness
- ___ Lack of social awareness
- ___ Mania
- ___ Obsessive negative thoughts
- ___ Panic attacks
- ___ Suicidal thoughts

6 Category Physical

- ___ Allergies
- ___ Chronic constipation
- ___ Difficulty walking or moving
- ___ Effort Fatigue
- ___ Fatigue
- ___ High blood pressure
- ___ Immune deficiency
- ___ Low muscle tone
- ___ Muscle twitches
- ___ Nausea
- ___ Poor balance
- ___ Poor gross motor coordination
- ___ Rigidity
- ___ Skin rashes
- ___ Stress incontinence
- ___ Sweating
- ___ Tremor

- ___ Asthma
- ___ Clumsiness
- ___ Difficult working
- ___ Encopresis
- ___ Heart palpitations
- ___ Hot flashes
- ___ Irritable bowel
- ___ Muscle tension
- ___ Muscle weakness
- ___ PMS symptoms
- ___ Poor fine motor coordination
- ___ Reflux
- ___ Seizures
- ___ Spasticity
- ___ Sugar craving and reactivity
- ___ Tachicardia
- ___ Urge incontinence

7 Category Pain

- ___ Abdominal pain
- ___ Chronic nerve pain
- ___ Jaw pain
- ___ Muscle pain
- ___ Sciatica
- ___ Stomach aches

- ___ Chronic aching pain
- ___ Fibromyalgia pain
- ___ Joint pain
- ___ Muscle tension headaches
- ___ Sinus headaches
- ___ Trigeminal neuralgia

Other:
