

SLEEP	Cannot	Too much	Vivid dreams	Can't get to sleep	Can get to but can't stay asleep	Awakes 1-3am, can't get back to sleep	Awakes 3-5am, can't get back to sleep	Go to toilet during the night
HEADACHES	Frequency? Daily..... Weekly..... Monthly.... .	Front	Back	Left	Right	Top	All Over	Triggered By?
APPETITE	Strong	Weak	Average	Little appetite but you can eat because you know you should	No Appetite	Favourite Flavours Sweet Sour Salty Bitter		
THIRST/FLUID CONSUMPTION	Strong Thirst	Weak Thirst	Have to put the fire out ,drink heaps	Alcohol, if so how much?	Fruit Juice/Soft Drinks	Coffee/Tea	Water	Consume 1.5 lit plus per day because its good for you?
DIGESTION	Daily bowel movements	Less than once daily	More than once daily	Every 2 or 3 days	Weekly	Hard stools/constipation	Loose Stools/Diarrhea	
STOMACH	Bloating	Heartburn	Nausea	Vomiting	Pain			
CHEST	Heavy	Difficult Breathing	Pain	Palpitations (racy heartbeat)	Anxiety, Tightness	Cough		
PHLEGM	In throat	Post nasal drip	In Chest	Colour?				
PERSPIRATION	Easily with strenuous exercise	Easily without exercise	At night	With Chills	With hot flushes	Very Little	Not at all	
SKIN	Lesions	Puffy	Dry	Oily	Itchy			
NOSE	Blocked	Runny	Bleeds					
EAR	Ringing	Poor Hearing	Pain					
THROAT	Always tender	Occasionally tender	Tender and painful now	Rarely tender	Dry			
URINATION	Copious	A little	Associated Discomfort	Less than comfortable	Colour	At night		
MENSTRUATION	Pain/PMT	Clotting	Regular	Irregular	Associated with constipation	Loose stools with onset of period	Associated with headaches	Associated with loss of energy
STIFFNESS	Neck	Shoulders	Mid Back	Lower Back	Hips	Legs	Arms	All Over
NUMBNESS	Neck/Head	Shoulders	Mid Back	Lower Back	Hips	Legs	Arms	
DIZZINESS	Upon Exercise	Upon arising in the morning	With movement	No pattern				
QUALITY OF PAIN/DISCOMFORT	Dull Nagging Ache	Debilitation severe pain	Searing pain on movement	Pain regardless of movement	Pain interrupts sleep	Discomfort worse upon arising in the morning	Continuous unrelenting pain	
LOCATION PAIN/DISCOMFORT	Head	Neck, Shoulders Arms	Mid back	Lower back hips	Leg/legs	Chest	Abdomen	
ENERGY	Always low	Fluctuates	Not enough	Easily tired	Unable to relax			
BODY TEMPERATURE	Likes the heat	Prefers cold	Likes cold drinks	Likes hot drinks	Cold hands & feet	Hot feet		