			Initi	al Symptom S	HEVOV				
Date:	Patient Na	Initial Symptom Patient Name:			Dietitian:				
SYMF	PTOM POINTS listed be in the boxes to the left o	low, FILL IN of symptoms	the ap . Also	on your experience OVE oppropriate score in the content of miss	orrespondii	ng field ays in	d for EVEF the last mo	RY symptom listed. Note onth due to illness.	
SCALE OF SYM IF you did not suffer from the symptom							d Total:	# Missed Work Days	
1 = O 2 = F 3 = O	CCASIONALLY (less the REQUENTLY (2 or more CCASIONALLY (less the CCASIONAL) (less the CCASIONAL (less the CCA	nan 2 times per v e times per v nan 2 times p	oer wee veek), oer wee	or almost never, leave ek), and symptom was Nand symptom was MILD ek), and symptom was Sand symptom was SEVE	MILD) SEVERE				
CONSTITUTIONAL		NASAL/SINUS		MUS	SCULOSI	KELETAL			
	Fatigue (sluggish, tired)		Post nasal drip		Joint pains				
	Hyperactive (nervous energy)		Sinus pain			Stiff joints			
	Restless (can't relax/sit still)		Runny nose			Muscle aches			
	Daytime sleepiness		Stuffy nose			Stiff muscles			
	Insomnia at night		Sneezing				Ticks (facial or otherwise)		
	Malaise (feeling lousy)		TOTAL (0-20)				Muscle spasms		
	Seizures		MOUTH/THROAT			Muscle cramps			
	TOTAL (0-28)		Sore throat		TOTAL (0-28)				
EMOTIONAL/MENTAL		Swollen throat		CARDIOVASCULAR					
	Depression		Swelling/burning lips/tongue		onque		Irregular heartbeat		
	Anxiety (fears, uneasiness)		Gagging/throat clearing				High blood pressure		
	Mood swings (rapid ch			Canker sores			TOTAL (•	
	Irritability		Difficulty swallowing		DIGESTIVE				
	Forgetfulness		TOTAL (0-24)		Heartburn/reflux				
	Lack of concentration/Brain fog		LUNGS			Stomach pains/cramps			
	Low sex drive		Wheezing			Intestinal pains/cramps			
	TOTAL (0-28)		Chest congestion			Constipation			
HE	HEAD/EARS		Dry cough			Diarrhea			
1127	Headache (not migraine)		Wet cough			Bloating sensation			
	Migraine	ile)		Shortness of breath			Gas (of a		
	Earache			TOTAL (0-20)			Nausea	arry Kiriu)	
	Ear infection						Vomiting		
			EYES					limination	
	Ringing in ears			Red or swollen eyes					
	Itchy ears Discharge from ears			Watery eyes			TOTAL (•	
	Sensitivity to sound			Itchy eyes				NAGEMENT	
	TOTAL (0-32)			Dark circles or "bags"		Curr	ent weight		
	, ,			Sensitivity to light				ng weight	
SKIN			Aura (all types)			Food cra			
	Blemishes, acne			TOTAL (0-24)			Water re		
	Rashes or hives		GENITOURINARY				ting or drinking		
	Eczema or psoriasis			Increased urinary frequ	uency			(all methods)	
	"Rosy" cheeks			Painful urination			TOTAL (,	
	Flushing			Bladder pain		LIST	OTHER	SYMPTOMS:	
	Itchy skin			Bedwetting					
	TOTAL (0-24)			TOTAL (0-16)					