

	___	Chest Pain	Total ___
LUNGS	___	Chest congestion	
	___	Asthma, bronchitis	
	___	Shortness of breath	
	___	Difficulty breathing	Total ___
DIGESTIVE TRACT	___	Nausea, vomiting	
	___	Diarrhea	
	___	Constipation	
	___	Bloated feeling	
	___	Belching, passing gas	
	___	Heartburn	
	___	Intestinal/stomach pain	Total ___
JOINTS/ MUSCLES	___	Pain/aches in joints	
	___	Arthritis	
	___	Stiffness or limitation of movement	
	___	Pain/aches in muscles	
	___	Feeling of weakness or tiredness	Total ___
WEIGHT	___	Binge eating/drinking	
	___	Craving certain foods	
	___	Excessive weight	
	___	Compulsive eating	
	___	Water retention	
	___	Underweight	Total ___
ENERGY/ ACTIVITY	___	Fatigue, sluggishness	
	___	Apathy, lethargy	
	___	Hyperactivity	
	___	Restlessness	Total ___
MIND	___	Poor memory	
	___	Confusion, poor comprehension	
	___	Poor concentration	
	___	Poor physical coordination	
	___	Difficulty in making decisions	
	___	Stuttering or stammering	
	___	Slurred speech	
	___	Total ___	
EMOTIONS	___	Mood swings	
	___	Anxiety, fear, nervousness	
	___	Anger, irritability, aggressiveness	
	___	Depression	Total ___
OTHER	___	Frequent illness	
	___	Frequent or urgent urination	

GRAND TOTAL _____ Genital itch or discharge

Total _____