

SYMPTOM CHECKLIST

NAME: _____

DATE: _____

SEX: _____

DOB: _____

SYMPTOM OR SIGN	CURRENT SEVERITY				CURRENT FREQUENCY			
	NONE	MILD	MODERATE	SEVERE	NONE	MILD	MODERATE	SEVERE
Hearing: buzzing, ringing, decreased hearing								
Increased motion sickness, vertigo, spinning								
Off balace, "tippy" feeling								
Lightheadedness, wooziness, unavoidable need to sit or lie								
Tingling, numbness, burning or stabbing sensations, shooting pains, skin hypersensitivity								
Facial paralysis – Bell’s Palsy								
Dental pain								
Neck creaks and cracks, stiffness, neck pain								
Fatigue, tired, poor stamina								
Insomnia, fractionated sleep, early awakening								
Excessive night time sleep								
Napping during the day								
Unexplained weight gain								
Unexplained weight loss								
Unexplained hair loss								
Pain in genital area								
Unexplained milk production, breast pain								
Irritable bladder or bladder dysfunction								
Erectile dysfunction								
Loss of libido								
Queasy stomach or nausea								
Heartburn, stomach pain								
Constipation								
Diarrhea								
Low abdominal pain, cramps								
Heart murmur or valve prolapse								
Heart palpitations or skips								
“Heart block” on EKG								
Chest wall pain or ribs sore								
Head congestion								
Breathlessness, “air hunger”, unexplained chronic cough								
Night sweats								

SYMPTOM OR SIGN	CURRENT SEVERITY				CURRENT FREQUENCY			
	NONE	MILD	MODERATE	SEVERE	NONE	MILD	MODERATE	SEVERE
Exaggerated symptoms or worse hangover from alcohol								
Symptom flares every 4 weeks								
Degree of disability								
Persistent swollen glands								
Sore throat								
Fevers								
Sore soles, esp. in AM								
Joint pain								
Fingers, toes								
Ankles, wrists								
Knees, elbows								
Hips, shoulders								
Joint swelling								
Fingers, toes								
Ankles, wrists								
Knees, elbows								
Hips, shoulders								
Unexplained back pain								
Stiffness of joints or back								
Muscle pain or cramps								
Obvious muscle weakness								
Twitching of the face or other muscles								
Confusion, difficulty thinking								
Difficulty with concentration, reading, problem absorbing new information								
Word search, name block								
Forgetfulness, poor short term memory, poor attention								
Disorientation: getting lost, going to wrong places								
Speech errors: wrong word, misspeaking								
Mood swings, irritability, depression								
Anxiety, panic attacks								
Psychosis (hallucinations, delusions, paranoia, bipolar)								
Tremor								
Seizures								
Headache								
Light sensitivity								
Sound sensitivity								
Vision: double, blurry, floaters								
Ear pain								