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Pain: Alleviated by: ❑ Pressure ❑ Temp ❑ Climate	❑ Dull ❑ Lingering ❑ Sharp	❑ Stabbing ❑ Migrates ❑ Burning	❑ Distending ❑ Contracting ❑ Aggravated	
Head and Body:	❑ Headaches ❑ Migraines ❑ Body aches ❑ Joint Pain	❑ Neck pain ❑ Back pain ❑ Low back pain ❑ Muscle pains	❑ Weak limbs ❑ Numbness ❑ Heaviness ❑ Stiffness	
Cold and Heat:	❑ Neither ❑ Cold ❑ Cold hands/feet	❑ Cold back ❑ Chills ❑ Heat	❑ Clammy hands/feet ❑ Fever ❑ Tidal fever	
Sweating:	❑ Spontaneous ❑ With exertion	❑ Night sweats ❑ No sweating	❑ Hot flashes ❑ Local sweats	
Energy: 1 2 3 4 5 6 7 8 9 10	❑ Fatigue ❑ Fatigues easily ❑ Sudden energy drops	❑ Dizziness ❑ Excess ❑ Drowsy	❑ Dyspnea / SOB ❑ Fainting ❑ Heavy Feeling	
Sleep: _____ Hrs/night	❑ Sound, restful ❑ Insomnia	❑ Heavy sleep ❑ Dream-disturbed	❑ Not restful ❑ Grinds teeth	
Urine:	❑ Normal ❑ Polyuria ❑ Urgency ❑ Incontinence ❑ Infrequent	❑ Sleep disturbed urination ❑ Painful/Difficult urination ❑ Blood in urine	❑ Clear ❑ Dark ❑ Excess ❑ Scanty	
Stool:	❑ Regular ❑ Diarrhea ❑ Constipation	❑ Loose/watery ❑ Foul Smell ❑ Gas	❑ Dry, hard ❑ Burning ❑ Explosive	
Thirst:	❑ Thirsty w desire ❑ Thirsty w no desire	❑ Likes cold drinks ❑ Likes hot drinks	❑ Dry mouth ❑ Bitter taste	
Appetite:	❑ Cravings ❑ Abdominal pain/cramps ❑ Nausea	❑ Vomiting ❑ Gas ❑ Bloating	❑ Heartburn ❑ Bad breath ❑ Food Preferences	
Eyes:	❑ Blurry vision ❑ Spots in front of eyes ❑ Poor vision	❑ Eye pain ❑ Eyestrain ❑ Dry eyes	❑ Burning ❑ Red ❑ Yellow	
Ears:	❑ Poor Hearing	❑ Tinnitus	❑ Earaches	
Skin and Hair:	❑ Rashes ❑ Itching ❑ Dry skin	❑ Ulcerations ❑ Eczema ❑ Hives	❑ Dandruff ❑ Hair Loss ❑ Changes in skin/hair	
Gynecology:	❑ Regular ❑ Irregular ❑ Amenorrhea	❑ Clots ❑ Heavy / Light flow ❑ Pale / Dark Colour	❑ Discharge ❑ PMS ❑ Pain	
General Emotional State:	❑ Even, balanced ❑ Sorrow, grief ❑ Worry, anxiety	❑ Sad ❑ Fearful, frightful, timid ❑ Anger, frustration, irritability, jealousy	❑ Depression ❑ Other _____ _____	
Notes				