



DIGESTIVE TRACT \_\_\_\_\_ Nausea, vomiting  
 \_\_\_\_\_ Diarrhea  
 \_\_\_\_\_ Constipation  
 \_\_\_\_\_ Bloating feeling  
 \_\_\_\_\_ Belching, passing gas  
 \_\_\_\_\_ Heartburn, indigestion  
 \_\_\_\_\_ Intestinal, stomach pain  
 Total \_\_\_\_\_

JOINTS / MUSCLES \_\_\_\_\_ Pain or aches in joints  
 \_\_\_\_\_ Arthritis  
 \_\_\_\_\_ Stiffness or limitation of movement  
 \_\_\_\_\_ Pain or aches in muscles  
 \_\_\_\_\_ Feeling of muscle weakness  
 Total \_\_\_\_\_

GENITOURINARY \_\_\_\_\_ Frequent or urgent urination  
 \_\_\_\_\_ Having to get out of bed to urinate at night  
 \_\_\_\_\_ Difficulty starting or stopping urine stream  
 \_\_\_\_\_ Urinary incontinence  
 \_\_\_\_\_ Genital itch, discharge, or sores  
 \_\_\_\_\_ Vaginal yeast infections (women)  
 Total \_\_\_\_\_

WEIGHT \_\_\_\_\_ Binge eating / drinking  
 \_\_\_\_\_ Craving certain foods  
 \_\_\_\_\_ Excessive weight, inability to lose weight  
 \_\_\_\_\_ Compulsive eating  
 \_\_\_\_\_ Water retention  
 \_\_\_\_\_ Underweight, inability to gain weight  
 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  
 \_\_\_\_\_ Learning disabilities  
 Total \_\_\_\_\_

EMOTIONS \_\_\_\_\_ Mood swings  
 \_\_\_\_\_ Anxiety, fear, nervousness  
 \_\_\_\_\_ Anger, irritability, aggressiveness  
 \_\_\_\_\_ Depression  
 \_\_\_\_\_ Lack of sex drive, decreased libido  
 \_\_\_\_\_ Suicidal thinking or behavior  
 Total \_\_\_\_\_

OTHER \_\_\_\_\_ Frequent illness, slow recovery from illness  
 \_\_\_\_\_ Fever, chills, or night sweats  
 \_\_\_\_\_ Cold hands or feet  
 \_\_\_\_\_ Burning, numbness, tingling in hands or feet  
 \_\_\_\_\_ Excessive thirst  
 \_\_\_\_\_ Sleep problems, insomnia  
 \_\_\_\_\_ Food intolerances, food allergies  
 Total \_\_\_\_\_

OVERALL TOTAL \_\_\_\_\_