

SYMPTOMS LIST

Track your symptoms as often as you wish, keeping track, to help you and your doctor.

DATE:	Not at all	A little	Quite a bit	Extremely	Comments
Cognitive / Mental Symptoms					
Brain fog					
Poor memory					
Poor concentration					
Difficulty sleeping					
Feeling dizzy/faint					
Emotional / Psychological Symptoms					
Anxiety					
Depression					
Low mood					
Mood swings					
Loss of joy					
Crying spells					
Reduced self-esteem					
Loss of confidence					
Irritability					
Panic attacks					
Physical / General Body Symptoms					
Tired/lacking energy					
Headaches/migraines					
Painful/aching joints					
Restless legs					
Hot flushes					
Night sweats					
Cold sweats					
Electric shock sensation					
Change to body odour					
Thinning hair					
Dry/itchy skin					
Crawly skin (formication)					
Dry eyes/ears					
Constipation					
Digestive issues					
Increased allergies					
Tinnitus					

