

SYMPTOM ASSESSMENT

This assessment is intended to be a before and after assessment, so that you can see the difference that lifestyle modifications, like eating patterns, physical activity, and stress management, can make in your life. You will take this assessment before beginning your lifestyle modifications, then again in 15 days (Midway), and finally in 30 days (After). You will be able to track your progress in a measurable way!

RATING SCALE:

0 = Never/Rarely

1 = Occasionally (a few times each month)

2 = Weekly

3 = 3 to 4 times each week

4 = Daily, almost Daily

+1: Add one point if this symptom alters your functioning or your ability to live life fully

Digestive Tract	Before	Midway	After
Nausea or vomiting			
Diarrhea			
Constipation			
Bloated feeling			
Belching or passing gas			
Heartburn			
Intestinal/stomach pain			
TOTAL			

Ears	Before	Midway	After
Itchy ears			
Earaches, ear infections			
Drainage from ear			
Ringing in ears, hearing loss			
TOTAL			

Emotions	Before	Midway	After
Mood swings			
Anxiety, fear or nervousness			
Anger, irritability, or aggressiveness			
Depression			
TOTAL			

Energy/Activity	Before	Midway	After
Fatigue, sluggishness			
Apathy, lethargy			
Hyperactivity			
Restlessness			
TOTAL			

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Eyes	Before	Midway	After
Watery or itchy eyes			
Swollen, reddened, or sticky eyelids			
Bags or circles under eyes			
Blurred or tunnel vision			
TOTAL			

Head	Before	Midway	After
Headache			
Faintness			
Dizziness			
TOTAL			

Heart	Before	Midway	After
Irregular or skipped heartbeat			
Rapid or pounding heartbeat			
Chest pain			
TOTAL			

Joints/Muscles	Before	Midway	After
Pain or aches in joints			
Arthritis			
Stiffness or limitation of movement			
Pain or aches in muscles			
Feeling of weakness or tiredness			
TOTAL			

Lungs	Before	Midway	After
Chest congestion			
Asthma, bronchitis			
Shortness of breath			
Difficulty breathing			
TOTAL			

Mouth/Throat	Before	Midway	After
Chronic coughing			
Gagging, frequent need to clear throat			
Sore throat, hoarseness, loss of voice			
Swollen or discolored tongue, gums or lips			
Canker sores			
TOTAL			

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Mind	Before	Midway	After
Poor memory			
Confusion, poor comprehension			
Poor concentration			
Poor physical coordination			
Difficulty in making decisions			
Stuttering or stammering			
Slurred speech			
Learning disabilities			
TOTAL			

Nose	Before	Midway	After
Stuffy nose			
Sinus problems			
Hay fever			
Excessive mucus production			
Sneezing attacks			
TOTAL			

Skin	Before	Midway	After
Acne			
Hives, rashes or dry skin			
Hair loss			
Flushing or hot flushes			
Excessive sweating			
TOTAL			

Weight	Before	Midway	After
Binge eating/drinking			
Craving certain foods			
Excessive weight			
Compulsive eating			
Water retention			
Underweight			
TOTAL			

Sleep	Before	Midway	After
Insomnia			
Difficulty falling asleep			
Difficulty staying asleep, multiple awakenings			
Awaken tired			
TOTAL			

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Other	Before	Midway	After
Frequent illness			
Frequent or urgent urination			
Genital itch or discharge			
Generally feel crummy			
TOTAL			

	Before	Midway	After
GRAND TOTAL			

Measurements	Before	Midway	After
Body weight (first thing in the morning, naked, after going to the bathroom)			
Bust (at widest point)			
Waist (at widest point around belly button area, not belt-line)			
Hips (at widest point)			
Thighs (at widest point)			