

NAME:AGE:HEALTH CARE PROFESSIONAL:DATE:

INSTRUCTIONS: Circle the number that applies to you. If a symptom does not apply, don't circle anything for that symptom.

Circle the corresponding number.

1	MILD symptom (occurs rarely)
2	MODERATE symptom (occurs several times a month)
3	SEVERE symptom (occurs almost constantly)

GROUP 1

1.	1	2	3	Acid foods upset
2.	1	2	3	Get chilled often
3.	1	2	3	"Lump" in throat
4.	1	2	3	Dry mouth, eyes, nose
5.	1	2	3	Pulse speeds after meal
6.	1	2	3	Keyed up, fail to calm
7.	1	2	3	Gag occasionally
8.	1	2	3	Unable to relax, startle easily
9.	1	2	3	Extremities cold, clammy
10.	1	2	3	Strong light irritates
11.	1	2	3	Occasionally weak urine flow
12.	1	2	3	Heart pounds after retiring
13.	1	2	3	"Nervous" stomach
14.	1	2	3	Appetite reduced occasionally
15.	1	2	3	Cold sweats often
16.	1	2	3	Get heated easily
17.	1	2	3	Nerve discomfort
18.	1	2	3	Staring, blink little
19.	1	2	3	Sour stomach frequent

123TOTAL

GROUP 2

20.	1	2	3	Joint stiffness after arising
21.	1	2	3	Muscle, leg, toe cramps at night
22.	1	2	3	"Butterfly" stomach, cramps
23.	1	2	3	Eyes or nose watery
24.	1	2	3	Eyes blink often
25.	1	2	3	Eyelids swollen, puffy
26.	1	2	3	Indigestion soon after meals
27.	1	2	3	Always seem hungry, feel "lighthheaded" often

28.	1	2	3	Digestion rapid
29.	1	2	3	Vomit occasionally
30.	1	2	3	Hoarseness frequent
31.	1	2	3	Uneven breathing
32.	1	2	3	Pulse slow
33.	1	2	3	Gagging reflex slow
34.	1	2	3	Difficulty swallowing
35.	1	2	3	Temporary constipation or diarrhea
36.	1	2	3	"Slow starter"
37.	1	2	3	Get "chilled"
38.	1	2	3	Perspire easily
39.	1	2	3	Sensitive to cold
40.	1	2	3	Upper respiratory challenges

123TOTAL

GROUP 3

41.	1	2	3	Eat when nervous
42.	1	2	3	Excessive appetite
43.	1	2	3	Hungry between meals
44.	1	2	3	Irritable before meals

45.	1	2	3	Get "shaky" if hungry
46.	1	2	3	Fatigue, eating relieves
47.	1	2	3	"Lighthheaded" if meals delayed
48.	1	2	3	Heart palpitates if meals missed or delayed
49.	1	2	3	Fatigue in afternoon
50.	1	2	3	Overeating sweets upsets
51.	1	2	3	Awaken after few hours sleep, hard to get back to sleep
52.	1	2	3	Crave candy or coffee in afternoon
53.	1	2	3	Moods of "blues" or melancholy
54.	1	2	3	Craving for sweets or snacks

123TOTAL

GROUP 4

55.	1	2	3	Hands and feet go to sleep easily, numbness
56.	1	2	3	Sigh frequently, "air hunger"
57.	1	2	3	Aware of "breathing heavily"
58.	1	2	3	High-altitude discomfort
59.	1	2	3	Open windows in closed room
60.	1	2	3	Immune system challenges
61.	1	2	3	Afternoon "yawner"
62.	1	2	3	Get "drowsy" often
63.	1	2	3	Swollen ankles worse at night
64.	1	2	3	Muscle cramps, worse during exercise; get "charley horse"
65.	1	2	3	Difficulty catching breath, especially during exercise
66.	1	2	3	Tightness or pressure in chest, worse on exertion

67.	1	2	3	Skin discolors easily after impact
68.	1	2	3	Tendency to anemia
69.	1	2	3	Noises in head or "ringing in ears"
70.	1	2	3	Fatigue upon exertion

123TOTAL

GROUP 5

71.	1	2	3	Dizziness
72.	1	2	3	Dry skin
73.	1	2	3	Burning feet
74.	1	2	3	Blurred vision
75.	1	2	3	Itching skin and feet
76.	1	2	3	Hair loss
77.	1	2	3	Occasional skin rashes
78.	1	2	3	Bitter, metallic taste in mouth in morning

79. 1 2 3 Occasional constipation

80. 1 2 3 Worrier, feels insecure

81. 1 2 3 Nausea occasionally after eating

82. 1 2 3 Greasy foods upset

83. 1 2 3 Stools light-colored

84. 1 2 3 Skin peels on foot soles

85.	1	2	3	Discomfort between shoulder blades
86.	1	2	3	Occasional laxative use
87.	1	2	3	Stools alternate from soft to watery
88.	1	2	3	Sneezing attacks
89.	1	2	3	Dreaming, nightmare-type bad dreams
90.	1	2	3	Bad breath (halitosis)
91.	1	2	3	Milk products cause upset
92.	1	2	3	Sensitive to hot weather
93.	1	2	3	Burning or itching anus
94.	1	2	3	Crave sweets

123TOTAL

GROUP 6

95.	1	2	3	Loss of taste for meat
96.	1	2	3	Lower bowel gas several hours after eating

97.	1	2	3	Burning stomach sensations, eating relieves
98.	1	2	3	Coated tongue
99.	1	2	3	Pass large amounts of foul-smelling gas

100.	1	2	3	Indigestion ½-1 hour after eating; may be up to 3-4 hours after
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101.	1	2	3	Watery or loose stool
102.	1	2	3	Gas shortly after eating
103.	1	2	3	Stomach "bloating"

123TOTAL

GROUP 7A

104.	1	2	3	Difficulty sleeping
105.	1	2	3	On edge

106.	1	2	3	Can't gain weight
107.	1	2	3	Intolerance to heat

108.	1	2	3	Highly emotional
109.	1	2	3	Flush easily
110.	1	2	3	Night sweats
111.	1	2	3	Thin, moist skin
112.	1	2	3	Inward trembling
113.	1	2	3	Heart races
114.	1	2	3	Increased appetite without weight gain
115.	1	2	3	Pulse fast at rest
116.	1	2	3	Eyelids and face twitch
117.	1	2	3	Irritable and restless
118.	1	2	3	Can't work under pressure

123TOTAL

GROUP 7B				
119.	1	2	3	Increase in weight
120.	1	2	3	Decrease in appetite
121.	1	2	3	Fatigue easily
122.	1	2	3	ringing in ears
123.	1	2	3	Sleepy during day
124.	1	2	3	Sensitive to cold
125.	1	2	3	Dry or scaly skin
126.	1	2	3	Temporary constipation
127.	1	2	3	Mental sluggishness
128.	1	2	3	Hair coarse; falls out
129.	1	2	3	Tension in head upon arising wears off during day
130.	1	2	3	Slow pulse below 65
131.	1	2	3	Changing urinary function
132.	1	2	3	Sounds appear diminished
133.	1	2	3	Reduced initiative
1 2 3 TOTAL				
GROUP 7C				
134.	1	2	3	Failing memory with age
135.	1	2	3	Increased sex drive
136.	1	2	3	Episodes of tension in head
137.	1	2	3	Decreased sugar tolerance
1 2 3 TOTAL				
GROUP 7D				
138.	1	2	3	Abnormal thirst
139.	1	2	3	Bloating of abdomen
140.	1	2	3	Weight gain around hips or waist
141.	1	2	3	Sex drive reduced or lacking
142.	1	2	3	Tendency for stomach issues
143.	1	2	3	Immune system challenges
144.	1	2	3	Menstrual disorders
1 2 3 TOTAL				
GROUP 7E				
145.	1	2	3	Dizziness
146.	1	2	3	Headaches
147.	1	2	3	Hot flashes
148.	1	2	3	Hair growth on face or body (female)
149.	1	2	3	Sugar in urine (not diabetes)
150.	1	2	3	Masculine tendencies (female)
1 2 3 TOTAL				
GROUP 7F				
151.	1	2	3	Weakness, dizziness
152.	1	2	3	Tired throughout day
153.	1	2	3	Nails weak, ridged
154.	1	2	3	Sensitive skin
155.	1	2	3	Stiff joints
156.	1	2	3	Perspiration increase
157.	1	2	3	Bowel discomfort
158.	1	2	3	Poor circulation
159.	1	2	3	Swollen ankles
160.	1	2	3	Crave salt
161.	1	2	3	Areas of skin darkening
162.	1	2	3	Upper respiratory sensitivity
163.	1	2	3	Tiredness
164.	1	2	3	Breathing challenges
1 2 3 TOTAL				
GROUP 8				
165.	1	2	3	Muscle weakness
166.	1	2	3	Lack of stamina
167.	1	2	3	Drowsiness after eating
168.	1	2	3	Muscular soreness
169.	1	2	3	Heart races
170.	1	2	3	Hyperirritable
171.	1	2	3	Feeling of a band around head
172.	1	2	3	Melancholia (feeling of sadness)
173.	1	2	3	Swelling of ankles
174.	1	2	3	Change in urinary function
175.	1	2	3	Tendency to consume sweets/carbohydrates
176.	1	2	3	Muscle spasms
177.	1	2	3	Blurred vision
178.	1	2	3	Involuntary muscle action
179.	1	2	3	Numbness
180.	1	2	3	Night sweats
181.	1	2	3	Rapid digestion
182.	1	2	3	Sensitivity to noise
183.	1	2	3	Redness of palms of hands and bottom of feet
184.	1	2	3	Visible veins on chest and abdomen
185.	1	2	3	Hemorrhoids
186.	1	2	3	Apprehension (feeling that something bad is going to happen)
FEMALE ONLY				
187.	1	2	3	Nervousness causing loss of appetite
188.	1	2	3	Nervousness with indigestion
189.	1	2	3	Gastritis
190.	1	2	3	Forgetfulness
191.	1	2	3	Thinning hair
1 2 3 TOTAL				
FEMALE ONLY				
192.	1	2	3	Very easily fatigued
193.	1	2	3	Premenstrual tension
194.	1	2	3	Menses more painful than usual
195.	1	2	3	Depressed feelings before menstruation
196.	1	2	3	Painful breasts during menses
197.	1	2	3	Menstruate too frequently
198.	1	2	3	Hysterectomy/ovaries removed
199.	1	2	3	Menopausal hot flashes
200.	1	2	3	Menses scanty or missed
201.	1	2	3	Acne, worse at menses
1 2 3 TOTAL				
MALE ONLY				
202.	1	2	3	Less involved in exercise/social activities
203.	1	2	3	Difficult to postpone urination
204.	1	2	3	Weak urinary stream
205.	1	2	3	Feeling of "blues" or melancholy
206.	1	2	3	Feeling of incomplete bowel evacuation
207.	1	2	3	Lack of energy
208.	1	2	3	Muscles in arms and legs seem softer/smaller
209.	1	2	3	Tire too easily
210.	1	2	3	Avoid activity
211.	1	2	3	Leg nervousness at night
212.	1	2	3	Diminished sex drive
1 2 3 TOTAL				