Female:

Age menses began ____
Days in cycle _____
Days of flow _____
☐ Irregular periods
☐ No periods
☐ Pregnant now
Number of pregnancies _____

☐ Spotting
☐ Days in cycle _____
☐ Cramping during
☐ Light flow
☐ Moderate flow
☐ Heavy flow
☐ Small clots
☐ Large clots

☐ Pale red
☐ Maroon
☐ Brown
☐ Premenstral tension
☐ Breast tenderness
☐ Melancholy
☐ Fatigue
☐ High sexual energy
☐ Low sexual energy

☐ Vaginal discharge disease
☐ Sexually transmitted
☐ Genital pain/sores
☐ Pain with intercourse
☐ Use birth control
☐ Oral contraceptives
☐ Menopause

Male:

Genital pain/sores
☐ Impotence ☐

☐ Lump in testicles
☐ Discharge from penis

☐ Nocturnal emission
☐ High sexual energy

☐ Low sexual energy
☐ Prostate problem

Emotional/mental

☐ Lots of stress
☐ Irritability
☐ Anxiety
☐ Anger
☐ Sadness

☐ Cry a lot
☐ Isolative
☐ Worry
☐ Fear
☐ Shyness

☐ Terrors
☐ Happiness
☐ Thoughts cloudy
☐ Poor memory
☐ Hard to focus

☐ Unrestrained joy
☐ Hard to express feeling
☐ Feel depressed

Pain:

☐ Head
☐ Face
☐ Neck
☐ Shoulders
☐ Arms
☐ Hands
☐ Upper back

☐ Ribs
☐ Lower back
☐ Hips
☐ Knees
☐ Legs
☐ Feet
☐ Joints swell

☐ Joints red
☐ Joints painful
☐ Pain moves around
☐ In one location
☐ Dull/achy
☐ Sharp/stabbing
☐ Hot/burning

☐ On surface
☐ Deep in body
☐ Better with pressure
☐ Worse with pressure
☐ Better with heat
☐ Better with cold
☐ Worse in morning

Headache

☐ Front of the head
☐ Back of the head
☐ Side of the head

☐ Top of the head
☐ Forehead
☐ Behind eyes

☐ Throbs
☐ Feels full/pressure
☐ Dull/achy

☐ Migraines
☐ Confusion
How Often? _____

Head and neck

☐ Eyes red
☐ Eyes itchy
☐ Dry eyes
☐ Watery eyes
☐ Blurry vision
☐ Corrective glasses
☐ Floaters
☐ Poor night vision

☐ Glaucoma
☐ Cataracts
☐ Teeth problems
☐ Grinding teeth
☐ Tight jaw
☐ Red face
☐ Facial pain
☐ Facial numbness

☐ Tongue/lip sores
☐ Mouth sores
☐ Gum problems
☐ Sinus problems
☐ Post nasal drip
☐ Nose bleeds
☐ Swollen glands
☐ Lump in throat

☐ Enlarged thyroid
☐ Ringing in ears
☐ High pitch
☐ Low pitch
☐ Hearing loss
☐ Earaches
☐ Concussions
☐ Dry/scratchy throat

Respiratory:

☐ Shortness of breath
☐ Asthma/wheezing
☐ Sleep in more than one pillow

☐ Chest tight
☐ Dry cough
☐ Cough with cold
☐ Difficulty breathing

☐ White phlegm
☐ Yellow phlegm
☐ Thin phlegm
☐ Thick phlegm

☐ Blood in phlegm
☐ Bronchitis
☐ Pneumonia
☐ Dizziness

Habits:

Cups of coffee
☐ 1 - 2/day
☐ 2 - 4/day
☐ >4/day

Alcohol
☐ Daily
☐ Weekly
☐ Monthly

Recreational drugs
☐ Daily
☐ Weekly
☐ Monthly

Cigarettes
☐ 1/2 pack/day
☐ 1 pack/day
☐ 2 packs/day