

**Primary Concern:**

Consistent:

Month:

**Headaches:** Basal/Temples/Cluster/Crown/TMJ/Frontal/Migraine(prodromal-halluc./photophobia/olfaction/nausea)

**Ears:** Creases R & L/Noise(Ring/Hiss/Pound)/Plug/Pop/Ache/Drain/Itch/Loss/Dizzy/Wax

**Tongue:** Cracks/Patches/Red spots/Swollen/Color/Veins/Frenular cyst/Coated pH:

**Eyes:** Burn/Tear/Ache/Red/Dry/Film/Itch/Blur/Floaters/Spots/Tired/Puffy/Stye/Twitch/Circles

**Sinus:** Dry/Drain/Plug/Post(white/yellow/green/gray/brown/blood/clear)/Sneezing/Smell loss/Taste loss/Thirst

Sore Throat/Hoarseness/Cough(dry/productive)/Allergies/URI/Fever/Chills/Halitosis/Cankers/Blisters/Flu

Neck Stiffness/Shoulder Tension/Chielosis/Dry mouth/Cold & sweaty hands,feet/gums/teeth/glands/dysphagia

**Chest:**Tension/Tight/Pressure/Heavy/Anxiety/Congestion/Pain/Sternal

Sharp Heart Pain/Palpitations/MVP/Tachy/Brady/Murmur/Arm pain

**Shortness of Breath:** Constant/Exertion/Asthma/Wheeze/Air hunger/Yawning

Heartburn/Indigestion(aches/cramps/nausea/queasy)/Bloat/Gas/Belch/Ulcer/H.H.

**Bowels:** Regular/Incomplete/Sluggish(every \_\_\_days)/Cramps/Laxative/Suppositories/Softeners/Enemas/Colonics/Bulk

**Fecal Consistency:** Soft/Ribbons/Mucous/Normal/Hard/Pebbles/Dry/Pain/Diarrhea/Constipation

**Hemorrhoids:** History/Current (swollen/burn/blood/distend/itch/sting/ache/cramp)

**Prostate:** History/Current (burn/ache/pain/restrict/dribble/emission/swell)

**Vagina** (burn/itch/dry/pain/blood) Discharge (clear/white/yellow/green/brown/odor)

**Menses:** Regular/Irregular (early/late)/Skip BC pill LMP

Flow (heavy/moderate/light/long/brief) Cramps-mild/med/severe/back

Low Abdominal Puffiness/Fluid-face/hands/feet/body

Breast Tenderness/Acne(pre/mid/post)/Spotting/Clots

PMS -(Mood swing/irritable/depression)/Breast/Fluid/Tired

Ovulation: Pains/Cysts/Discharge/Regular/Irregular/Fibroids

Breast Feeding/Fibrosis/Lump/Discharge/Prosthesis/Reduction/Tender

**Menopause:** Natural/Surgical(partial/complete)/Hormones/Patch/Flashes/Formication

Cramps/Aches/Anxiety: Legs/Feet/Arms/Hands Rash/Acne/Dry/Itch/Fungus/Patch/Fluid/Cellulite/Nails-Spots/Luna/Hair Loss/Limp

**Urination:** Nocturnal\_\_\_/night\_\_\_/week Frequency/Urgent/Burn/Pain/Odor/Spasm/Leak/UTI

**Sleep:** Difficulty Falling Asleep/Insomnia/Interrupted(\_\_\_night)/sleep craving/jolts

Dreams/Nightmares/Night sweats/Restlessness/\_\_\_hrs per nt.

Sad/Grief/Depression/Moodiness/Irritable/Worrisome/Angry/Nervous/Frustrated/Anxiety/Panic/Cry/Fear/Shame

**Appetite:** Low/High/Sweet/Salt/Coffee/Tea/Chocolate/Beer/Wine/Starch/Spices./Ice Cream/Soda **Stress**

**Energy:** Low/Variable/Up/Slow to start (improving/worse)\_\_\_am/pm/meals low/Exercise

**Memory**(name/number/word) Coordination/Concentration Sexuality(flat/low/normal)/ED/Orgasm

Slow Healing/Bruising/Arthralgia:

Weight: (+/- \_\_\_lbs) Overall (+/- \_\_\_) Height: BF% ( ) Pulse BP: / Chol. HDL Tri.

**Medications:**

**Surgery/Allergy:**