

SYMPTOMS	LEVEL OF SEVERITY					CURRENT FREQUENCY			
Increased motion sickness, vertigo, spinning									
Persistent swollen glands									
Sore throat									
Tremor									
Unexplained chronic cough									
Unexplained hair loss									
Unexplained menstrual irregularity									
Unexplained milk production, breast pain									
Vision: double, blurry, floaters									
<i>PAIN</i>	<i>None</i>	<i>Mild</i>	<i>Moderate</i>	<i>Severe</i>	<i>N/A</i>	<i>Never</i>	<i>Occasional</i>	<i>Often</i>	<i>Constant</i>
Chest wall pain or ribs sore									
Dental pain									
Ear pain									
Headache									
Migraine									
Joint Pain:									
Ankles, wrists									
Fingers, toes									
Hips, elbows									
Hips, Shoulders									
Joint Swelling:									
Ankles, wrists									
Fingers, toes									
Hips, elbows									
Hips, Shoulders									
Muscle pain or cramps									
Neck creaks and cracks, stiffness, neck pain									
Pain in genital area									
Stiffness of the joints or back									
Unexplained back pain									
<i>PSYCHOLOGICAL STRESS INDEX</i>	<i>None</i>	<i>Mild</i>	<i>Moderate</i>	<i>Severe</i>	<i>N/A</i>	<i>Never</i>	<i>Occasional</i>	<i>Often</i>	<i>Constant</i>
Anxiety, panic attacks									
Loss of libido									
Mood swings, irritability, depression									
Off balance, "tippy" feeling									
Psychosis (hallucinations, delusions, paranoia, bipolar)									
<i>SLEEP</i>	<i>None</i>	<i>Mild</i>	<i>Moderate</i>	<i>Severe</i>	<i>N/A</i>	<i>Never</i>	<i>Occasional</i>	<i>Often</i>	<i>Constant</i>
Excessive night time sleep									
Insomnia, fractionated sleep, early awakening									
Napping during the day									
Night sweats									