		In it	ial Cymantam (Curvay.				
Date:	Patient Name:	Initial Sympton ient Name:		Dietitian:				
SYMF	RUCTIONS: Score every symptom PTOM POINTS listed below, FILL IN in the boxes to the left of symptoms	l the aps. Also	ppropriate score in the note the number of mis	correspondir	ng field nys in 1	d for EVEF the last mo	RY symptom listed. Note onth due to illness.	
SCALE OF SYM IF you did not suffer from the sympton						d Total:	# Missed Work Days	
1 = 0 2 = Fl 3 = 0	CCASIONALLY (less than 2 times REQUENTLY (2 or more times per CCASIONALLY (less than 2 times REQUENTLY (2 or more times per leguently (2 or more times per leguently (3 or more times per leguently (4 or more times per leguently (5 or more times per leguently (6 or more times per	per we week), per we	ek), and symptom was and symptom was MIL ek), and symptom was	MILD D SEVERE				
CONSTITUTIONAL		NASAL/SINUS		MUSCULOSKELETAL				
	Fatigue (sluggish, tired)		Post nasal drip			Joint pains		
	Hyperactive (nervous energy)		Sinus pain			Stiff joint	S	
	Restless (can't relax/sit still)		Runny nose			Muscle aches		
	Daytime sleepiness		Stuffy nose			Stiff muscles		
	Insomnia at night		Sneezing			Ticks (facial or otherwise)		
	Malaise (feeling lousy)		TOTAL (0-20)			Muscle spasms		
	Seizures		MOUTH/THROAT			Muscle cramps		
TOTAL (0-28)		Sore throat			TOTAL (0-28)			
EMOTIONAL/MENTAL		Swollen throat		CARDIOVASCULAR				
	Depression		Swelling/burning lips/tongue			Irregular heartbeat		
	Anxiety (fears, uneasiness)		Gagging/throat clearing			High blood pressure		
	Mood swings (rapid changes)		Canker sores			TOTAL (0-8)		
	Irritability		Difficulty swallowing			DIGESTIVE		
	Forgetfulness		TOTAL (0-24)			Heartburn/reflux		
	Lack of concentration/Brain fog		LUNGS			Stomach pains/cramps		
	Low sex drive		Wheezing			Intestinal pains/cramps		
	TOTAL (0-28)		Chest congestion			Constipation		
HEAD/EARS			Dry cough			Diarrhea		
1122	Headache (not migraine)		Wet cough				sensation	
	Migraine		Shortness of breath			Gas (of a		
	Earache	TOTAL (0-20)				Nausea		
	Ear infection		i i			Vomiting		
	Ringing in ears		EYES				limination	
	Itchy ears		Red or swollen eyes			TOTAL (
	Discharge from ears		Watery eyes		\A/E1	•	•	
	Sensitivity to sound	Ittily eyes		."	WEIGHT MANAGEMENT			
	TOTAL (0-32)	Dark circles of bags)" 	Curr	ent weight		
CKI			Sensitivity to light				ng weight	
SKIN Blemishes, acne		Aura			Food cra	<u> </u>		
	·		TOTAL (0-24)			Water re		
	Rashes or hives	GE	NITOURINARY				ting or drinking	
	Eczema or psoriasis "Posy" chooks		Increased urinary fre	equency			(all methods)	
	"Rosy" cheeks		Painful urination		LIST OTHER SYMPTOMS:			
	Flushing Itahu akin	<u> </u>	Bladder pain		LIS	DIHER	STIVIPTONIS:	
	Itchy skin		Bedwetting					
	TOTAL (0-24)		TOTAL (0-16)					