		lni	tial Symptom Survey				
Date: Patient Name:			Dietitian:				
			d on your experience OVER THE Particle of the particle of the corresponding the corr				
			o note the number of missed work (				
SCALE OF SYMPTOM POINTS					nd Total:	# Missed Work Days	
IF you did not suffer from the symptom ever or almost never, leave it blank.							
	CCASIONALLY (less than 2 times REQUENTLY (2 or more times per						
	CCASIONALLY (less than 2 times						
	REQUENTLY (2 or more times per						
CONSTITUTIONAL		NASAL/SINUS		MU	SCULOS	⊥ KELETAL	
	Fatigue (sluggish, tired)		Post nasal drip		Joint pains		
	Hyperactive (nervous energy)		Sinus pain		Stiff join		
	Restless (can't relax/sit still)		Runny nose	1	Muscle a		
	Daytime sleepiness		Stuffy nose	1	Stiff mus		
	Insomnia at night		Sneezing	1		icial or otherwise)	
	Malaise (feeling lousy)		TOTAL (0-20)		Muscle	•	
	Seizures	М	OUTH/THROAT		Muscle	•	
	TOTAL (0-28)	141	Sore throat		TOTAL	(0-28)	
EMOTIONAL/MENTAL			Swollen throat	СДІ	CARDIOVASCULAR		
	Depression		Swelling/burning lips/tongue	TOA!		heartbeat	
	Anxiety (fears, uneasiness)		Gagging/throat clearing	-	Ť	od pressure	
	Mood swings (rapid changes)		Canker sores		TOTAL		
	Irritability		Difficulty swallowing	DIGESTIVE			
	Forgetfulness		TOTAL (0-24)	DIG		, ,	
	Lack of concentration/Brain fog		LUNGS		Heartburn/reflux		
	Low sex drive	L				n pains/cramps	
	TOTAL (0-28)		Wheezing	-	1	ll pains/cramps	
			Chest congestion	-	Constipa		
HEAD/EARS			Dry cough	-	Diarrhea		
	Headache (not migraine)		Wet cough	-	1	sensation	
	Migraine		Shortness of breath		1	any kind)	
	Earache Ear infection		TOTAL (0-20)		Nausea		
			EYES		Vomiting	<u>e</u> limination	
	Ringing in ears		Red or swollen eyes				
	Itchy ears  Discharge from ears		Watery eyes	#	TOTAL		
	Sensitivity to sound		Itchy eyes	+		NAGEMENT	
	TOTAL (0-32)		Dark circles or "bags"	Curr	ent weight		
0141	, ,		Sensitivity to light			ing weight	
SKIN			Aura		Food cra		
	Blemishes, acne		TOTAL (0-24)	-	Water re		
	Rashes or hives	G	ENITOURINARY			ating or drinking	
	Eczema or psoriasis		Increased urinary frequency			(all methods)	
	"Rosy" cheeks		Painful urination	1	TOTAL	,	
	Flushing Itahy akin		Bladder pain	LIS	UTHER	SYMPTOMS:	
	Itchy skin		Bedwetting				
	TOTAL (0-24)		TOTAL (0-16)				