

Recipes for Repair: Symptom Journal

PHASE 1	Date	headache	insomnia	light sensitivity	sound sensitivity	nausea	joint pain	brain fog	forgetfulness	swollen glands	ringing in ears	burning in feet	confusion	heartburn	daily fatigue	fatigue upon waking	dizziness			Meditation	Weight	Exercise?	Hours of sleep	Menstrual cycle
		2/10	2	1	3	1	1	0	2	1	0	2	1	1	2	2	3	1			X	126	X	8.5
2/11	1	2	3	1	1	0	2	1	0	2	0	1	1	2	3	2			X	126	X	7.0		
2/12	1	1	3	1	0	1	2	1	0	2	0	1	1	2	3	1			X	125		7.5		
2/13	2	1	3	1	0	0	2	1	0	2	0	1	0	2	3	1			X	125	X	8.5		
2/14	1	1	3	1	0	0	2	1	0	2	0	1	0	2	3	2			X	124	X	9		
2/15	2	1	3	1	0	0	2	1	0	2	0	1	0	2	3	1				125		8.5	x	
2/16	1	1	3	1	0	0	2	1	0	2	0	1	0	2	3	1			X	124	X	8	x	

Directions: Date the upper left hand corner with the day you start Phase 1. Date each row below with the days to come. Write in your persistent symptoms at the top of each column. Each morning, fill in how many hours you slept the night before on the new row for that day. If you have night symptoms write in a rating for each from the night you just finished. In the evening finish filling out the day's row by considering which symptoms you experienced through the day using the scale below. Weight loss is a welcome side effect of the diet. Record your weight, if desired, and check off if you exercised. If you have another weekly practice, such as meditation, add it in the column before "weight."

Degree of each symptom: **0=none 1=mild 2=moderate 3=severe**

Use the space below to document any events, appointments, changes in treatment protocol, etc. and/or notable changes that may affect how you're feeling. For example, if you have a cold make a note of it so when you look back you'll realize the increase in fatigue was due to the cold.

Record notable events *(see above instructions)*

2/10 - Excited and a little nervous to start the diet

2/11 - Rather than my normal mild yoga routine I went out for an hour-long xc ski today.

I also had an extra stressful day because we discovered that we need a new hot water heater.

2/12 - I slept worse than usual because I had the water heater expense on my mind.

2/13 - I had an acupuncture appt. today. I've noticed an increase in appetite today.

2/14 - Today my doctor had me increase the NAC I've been taking by 100 mg.

