## MY HEALTH TRACKER

How it works: Pick 4 different colors (1 for each category below: severe, moderate, minor, none) then each day rate your symptoms give the scale provided.

Cad	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sad	Н																														
Happy	Н																														
Hopeless Excited	Н																														
Irritable	$\vdash$																														
	Н																														
Feeling Inadequate Isolated	Н																														
Over-worked	Н																														
Lack of interest in hobbies	Н																														
Anxious	$\vdash$																														
Crying	Н																														
Crying	Н																														
	Н																														
				Se	vei	re					М	ode	rate	9				Mi	nor			[	N	one							
physical feelings	1	2	3	1	-					4.0	1 4 4																				- 0.1
				4	5	6		8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Change in Appetite			J	4	5	6	/	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia				4	5	6	/	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
				4	5	6	/	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia				4	5	6	/	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia Hypersomnia				4	5	6	/	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia Hypersomnia Fatigue				4	5	6	/ 	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia Hypersomnia Fatigue Headache				4	5	6		8	9	10		12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia Hypersomnia Fatigue Headache Muscled Aches				4	5	6		8	9	10		12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia Hypersomnia Fatigue Headache Muscled Aches Abdominal Pain Hazy Vision				4				8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia Hypersomnia Fatigue Headache Muscled Aches Abdominal Pain Hazy Vision Exercise				4				8	9	10		12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia Hypersomnia Fatigue Headache Muscled Aches Abdominal Pain Hazy Vision Exercise Drank Plenty of Water										10		12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia Hypersomnia Fatigue Headache Muscled Aches Abdominal Pain Hazy Vision Exercise								8		10		12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Insomnia Hypersomnia Fatigue Headache Muscled Aches Abdominal Pain Hazy Vision Exercise Drank Plenty of Water												12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31