



DIARY FOR FOLLOW UP:CHRONIC CASES

KEEP A DIARY OF YOUR PROGRESS

date					
REMEDY					
Stressors					
Return of old symptom					
NEW symptoms 1= symptoms 2=					
Symptoms 1= Symptom 2= Symptom 3= Symptom 4= Symptom 5= Symptom 6= etc					
mood					
energy					
Sleep					
Menstrual cycle					

EACH DAY TAKE NOTE:

- What remedy you took and how much.egPlatina LM1: one t from RSB and one t from cup or if no dose taken.
- Pay attention to each of your symptoms each day, note the severity with 1-10 (10 is worst)
- Take note of any NEW symptoms (you never had before) and what conditions improve or aggravate that new condition if any.
- Note any increased stressors you may have had each day.
- Note if any of your original complaints improved or aggravated with certain conditions (If you didn't tell me about it at our interview)
- Note any return of old symptoms, how long it lasted and how severe it was.