

**Name:** \_\_\_\_\_

**Main Complaint(s):** \_\_\_\_\_

\_\_\_\_\_

**Physical Pain /Musculoskeletal:**  
**where in your body do you**  
**have pain?** \_\_\_\_\_

\_\_\_\_\_

- Sharp/Pricking/stabbing
- Fixed pain
- Pain moves around
- Tightness
- Stiffness
- Paralysis
- Radiating or electric
- Heavy sensation
- Swelling/edema
- Burning sensation
- Dull Pain
- Soreness
- Muscle weakness
- Pain is better with activity
- Pain is worse with activity
- Muscle cramps or spasm
- Tremors
- Tics
- Muscle twitches

**Headaches:** # \_\_\_\_\_ per \_\_\_\_\_

- eyes
- sides of head
- forehead
- one-sided
- sinuses
- dull pain
- temples
- stabbing pain
- top of head
- tension
- back of head
- pressure
- vomiting
- aura

**Sweating:**

- Spontaneous
- No sweat
- Excessive
- Night sweat
- Easy to sweat
- Sweat after eating
- Difficult to sweat

**Weather/Environment:**

**I do not like:**

- Wind
- Cold
- A/C
- Damp
- Rainy
- Heat
- Humidity

**I prefer:**

- Wind
- Cold
- A/C
- Damp
- Rainy
- Heat
- Humidity

**Body Temperature:**

- I run cold/I get cold easily
- I run hot/I get hot easily
- Cold body
- Cold hands and/or feet
- Very warm or hot body
- Hot hands and/or feet

**Cough/Wheeze/Breathing:**

- Dry cough
- Cough worse at night
- Profuse phlegm
- Scant phlegm
- Easy to expectorate
- Difficult to expectorate
- Difficult to breathe when lying down
- Yellow phlegm
- White phlegm
- Foamy phlegm
- Blood streaked sputum
- Excessive salivation
- Asthma
- Shortness of breath
- Chest congestion
- Chest oppression
- Chest distention
- Chest pain
- Burning sensation in chest
- Pain or distension in ribsides

**I feel dryness in my...**

- Mouth
- Eyes
- Ears
- Throat
- Nose
- Skin

**Eyes:**

- Blurry vision
- Poor vision
- Floaters
- Itchy
- sensitive to light
- Watery
- Red

**Skin Disorders:**

- Numbness
- Electric sensation
- Itching
- Rashes
- Oily skin
- Oozing fluid
- Nonhealing sores
- Dryness
- Scaling
- Cracking
- Redness
- Swelling
- Pain
- Acne
- Boils
- Dark spots

**Ear/Nose/Throat/Mouth:**

- Allergies
- Nasal congestion
- Runny nose
- Sneezing
- Post nasal drip
- Sinus congestion
- Tinnitus
- Deafness
- Poor hearing
- Ear pain
- Blocked ear
- Sore throat
- Mouth Ulcers
- Painful gums
- Gum Ulcers
- Tongue pain
- Burning tongue
- Bitter, metallic, or unclean taste in mouth
- Sticky or sweet taste in mouth

**Thirst:**

- Not thirsty
- Thirsty but doesn't drink
- I like cold drinks
- I like room temperature
- I like warm/hot drinks
- Thirsty at night
- Unquenchable thirst
- Drinking causes bloating
- Drinking causes nausea

**How many cups of water do you drink per day?** \_\_\_\_\_

**Do you drink any of the following once a week or more?**

- Smoothie
- Coffee
- Green tea
- Alcohol
- Soda
- Energy drink

**Appetite:**

- No or low appetite
- Big appetite
- Get full easily
- I eat more than 3 meals
- I need to snack a lot
- I feel bad if I don't eat when I first get hungry

**Typical diet:**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

**Dietary Restrictions/Sensitivities:**

\_\_\_\_\_  
\_\_\_\_\_

**Digestion:**

- Upper abdomen pain or discomfort
- Middle abdomen pain or discomfort (belly button area)
- Lower abdomen pain or discomfort
- Tensed pain
- Cramping pain
- Stabbing pain
- Dull pain
- Burning
- Distension
- Bloating
- Gas
- Nausea
- Acid reflux
- Discomfort before eating
- Discomfort after eating
- Discomfort with stress or anxiety

**Stool: BM # \_\_\_\_\_ per \_\_\_\_\_**

- Formed
- Sticky
- Incomplete
- Loose
- Undigested food
- Liquid
- No strength to pass
- Difficult to pass
- Dry and hard
- need laxatives
- Very smelly
- Painful
- Burning
- Blood
- Mucus
- Urgency
- Cramping
- Hemorrhoids
- Pain before BM
- Pain after BM

**Urination:**

**How many times per day?** \_\_\_\_\_

**How many times at night?** \_\_\_\_\_

- Painful
- Urgent
- Profuse
- Scant
- Interrupted
- Hesitant
- Thin Stream
- Dark yellow
- Light yellow
- Clear
- Red/Pink
- Incontinence

**Palpitations (feeling your heart pounding)**

- Daytime
- Nighttime
- With pain
- With anxiety
- With shortness of breath

**Vertigo/Dizziness:**

- Daytime
- Nighttime
- Upon standing
- Need to sit or lay down
- With nausea

**Sleep: Hours per night: \_\_\_\_\_**

- Good ☺
- Difficulty falling asleep
- Superficial/Light
- Restless
- Wake frequently
- Wake up easily/too early
- Disturbed by vivid dreams
- Nightmares
- Sleep paralysis
- Sleep walking
- Wake up tired
- Low energy in general
- Interrupted by:
  - Pain
  - Urination
  - Other:
  - heat
  - thoughts

**Emotional state:**

- Content
- Numb
- Disconnected
- Sensitive
- Cry easily
- Sad
- Depressed
- Irritable
- Anxious
- Worry a lot
- Aggressive
- Easy to anger
- Strong dramatic emotions

**Menstruation:**

**Length of Cycle:** \_\_\_\_\_

**# of days bleeding:** \_\_\_\_\_

- Amenorrhea
- Irregular cycle
- scanty period
- heavy period
- spotting between menses
- bleeding non stop
- clots in menstrual blood
- menstrual cramps
- Sore low back
- Radiating pain in legs
- Abdominal bloating
- Breast tenderness
- Acne
- Cold low back/abdomen
- Mood fluctuation
- Spontaneous sweating
- Night sweating
- Low appetite
- Nausea
- Loose stools
- Constipation

**Female Disorders:**

- Profuse vaginal discharge
- Strong smelling discharge
- Vaginal dryness
- Vaginal itching
- Vaginal pain
- Genital sores
- Low libido
- Excessive libido
- Breast pain
- Breast lumps
- Uterine Fibroids
- Ovarian Cyst
- Pelvic Pain

**Male Disorders:**

- Scrotal itching
- Scrotal dampness
- Scrotal pain
- Perineum pain
- Genital sores
- Prostatic fluid in urine
- Premature ejaculation
- Spermatorrhea
- Excessive libido
- Low Libido
- Soft erections
- Impotence
- Infertility
- Low sperm quality