

## Tracking Symptoms and Reporting will Optimize your Treatment

When you report, and when you return for a follow up appointment, we will review the symptoms you presented at your initial appointment. **It is important that when you report, you make an assessment of what is better, worse, or the same.** Compare your symptoms' intensity, frequency, and location: how are at they at the time of this report compared to how they were the previous week. This will allow us to evaluate the effectiveness of the remedy, whether a different potency needs to be given, or even if a completely different remedy is indicated.

Track the following areas:

Mood:

Energy:

Motivation:

Sleep and Dreams:

Chief complaints:

Old symptoms returning:

New symptoms:

Change in appetite, thirst, cravings:

