

# Symptom Tracking - EEG Expert Date:

Patient:

Completed by:



**Kindly rank these symptoms on a 10 point scale as follows: 1 = best; 10 = worst**

If a particular symptom does not apply, enter NA or a horizontal line. If there is a symptom not entered, find the category where it seems to fit and enter it at the end. If you do not understand a category, put a question mark, if you would.

<b>CATEGORY GROUP: SLEEP Symptoms and Behaviors</b>	<b>1 – 10</b>
1a. Difficulty falling asleep	
1b. Difficulty maintaining sleep	
1c. Difficulty waking	
1d. Nightmares or vivid dreams	
1e. Night terrors	
1f. Restless sleep	
1g. Snoring	
1h. Sleep apnea	
1i. Bruxism (teeth grinding)	
1j. Sleep walking	
1k. Talking during sleep	
1l. Night sweats	
1m. Narcolepsy	
1n. Restless leg	
1o. Periodic leg movements	
1p.	
<b>CATEGORY GROUP: ATTENTION , LEARNING, &amp; MEMORY Symptoms and Behaviors</b>	
2a. Inattention	
2b. Short-term memory problems	
2c. Distractibility	
2d. Difficulty completing tasks	
2e. Difficulty thinking clearly	
2f. Low motivation	
2g. Poor vocabulary	
2h. Messy handwriting	
2i. Poor drawing ability	
2j. Math difficulty	
2k. Reading problems	

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**10 = worst it could be**

2l.	
2n. Mental preoccupations, overfocus	
2o. Little common sense	
2p.	
<b>CATEGORY GROUP: SENSORY</b>	
3a. Visual hypersensitivity	
3b. Auditory hypersensitivity	
3c. Tactile hypersensitivity	
3d. Tinnitus (ringing in the ears)	
3e. Vertigo	
3f. Visual deficits	
3g. Chemical sensitivities	
3h. Somatosensory deficits	
3i. Poor body awareness; unusually high pain tolerance	
3j. Motion sickness	
3k. Clumsiness	
3l. Poor grooming	
3m. Lack of appetite awareness	
3n.	
<b>CATEGORY GROUP: BEHAVIORIAL</b>	
4a. Stuttering	
4b. Poor or odd speech articulation	
4c. Impulsiveness	
4d. Rages	
4e. Hyperactivity	
4f. Class clown	
4g. Motor or vocal tics	
4h. Compulsive behaviors	
4i. Unable to be flexible; must have own way	
4j. Manipulative behavior	
4k. Aggressive behavior	
4l. Oppositional and defiant behavior	
4m. Crying	
4n. Poor eye contact	
4o. Autistic stimming	
4p. Addictive behaviors (including certain foods)	
4q. Nail biting	
4r. Compulsive eating or other compulsion	
4s. Binging and purging	
4t. Lack of sense of humor	

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4w. Poor frustration tolerance	
4x.	
<b>CATEGORY GROUP: EMOTIONAL</b>	
5a. Irritability	
5b. Agitation	
5c. Emotional reactivity	
5d. Mood swings	
5e. Depression (unhappiness, low mood, blue)	
5f. Mania	
5g. Anxiety	
5h. Fears	
5i. Obsessive worries	
5j. Unaware of own emotions	
5k. Impatience, poor frustration tolerance	
5l. Negative outlook, bitterness	
5m. Panic Paranoia attacks	
5n. Flashbacks of trauma	
5o. Dissociative episodes	
5p. Suicidal thoughts	
5q. Low self-esteem	
5r.	
<b>CATEGORY GROUP: PHYSICAL</b>	
6a. Low muscle tone	
6b. Spasticity (continuous involuntary muscle contractions)	
6c. Chronic constipation	
6d. Irritable bowel	
6e. Seizures	
6f. Poor fine motor coordination	
6g. Poor gross motor coordination	
6h. Poor balance	
6i. Immune deficiency	
6j. PMS symptoms	
6k. Heart palpitations	
6l. Tachycardia	
6m. High blood pressure	
6n. Reflux	
6o. Tremor	
6p. Fatigue	

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6q. Asthma, wheezing	
6r. Hypoglycemia	
6s. Allergies	
6t. Hot flashes	
6u. Excessive muscle tension	
6v. Restlessness	
6w. Enuresis (bedwetting) or Encopresis (passing stool inappropriately)	
6x. Difficulty swallowing	
6y.	
<b>CATEGORY GROUP: PAIN</b>	
7a. Chronic aching pain	
7b. Headaches	
7c. Migraine headaches (MD diagnosed)	
7d. Trigeminal neuralgia (jaw pain, <i>tic doloreux</i> )	
7e. Sciatica	
7f. Chronic nerve pain	
7g. Stomach aches	
7h. Intestinal pain	
7i. Joint pain	
7j. Neuropathy pain	
7k. Muscle pain	
7l.	
<b>CATEGORY GROUP: Executive</b>	
8a. Poor planning; lacking in foresight	
b. Poor life organization	
8c. Poor self management	
8d. Difficulty making decisions	
8e.	
<b>CATEGORY GROUP: Interpersonal</b>	
9a. Poor eye contact	
9b. Misinterprets others intentions	
9c. Poor ability to read facial & other nonverbal cues	
9d. Lacking in empathy	
9e. Socially disinterested	
9f. Socially unaware	
9g.	

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