

MY JOURNAL: CHECKLIST

NAME:

DATE:

PRE/ONGOING/POST:

**Please check off any item that represents how you are feeling using the past week as your guide.
Add comments if you wish.**

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|--|---|--|
| 1. Itchy or irritated nose, sneezing | 37. Difficulty going to the bathroom | 70. Difficult to complete studies or work |
| 2. Wheezing | 38. Eat when not hungry, or not feeling hungry | 71. Get into trouble at school or work |
| 3. Catch cold too often | 39. Trouble eating sweets | 72. Mix up numbers or letters sometimes |
| 4. Run down | 40. Urges to eat sweet things | 73. Difficult to know how things fit together |
| 5. Tired | 41. Sensitive to heat or cold | 74. Difficulty with some subjects |
| 6. Awake too long when you go to bed | 42. Slowed down or speeded up | 75. Need to go to the bathroom but hard to start |
| 7. Waking up during the night | 43. Moody at certain times of the month | 76. Lose your urine sometimes |
| 8. Waking up before you want to | 44. Hot flashes | 77. Difficult to control going to the toilet |
| 9. Difficult to wake up in the morning | 45. Problems from being of a "certain age" | 78. Stinging sensations when going to the bathroom |
| 10. Bad dreams | 46. Not interested in your partner | 79. Drink too much sometimes |
| 11. Difficulty breathing at night | 47. Too interested in your partner or other people? | 80. Smoke cigarettes |
| 12. Out of bed but not knowing how you got there | 48. Stiff and sore | 81. Concerns about eating |
| 13. Skin difficult to manage | 49. Areas that really hurt when touched | 82. Need caffeine to get going |
| 14. Hair weaker or less lustrous than you'd like | 50. Muscles hurt | 83. Enjoy marijuana |
| 15. Nails weak, flaking or tearing | 51. Fatigued | 84. Habits that concern you |
| 16. Blurry vision at times | 52. Pains in your head | 85. Moody |
| 17. Areas where you can't see anything | 53. Going to pass out | 86. Feeling low or flat |
| 18. Spots floating in front of you | 54. Lose consciousness | 87. Feel sad |
| 19. Difficult to hear | 55. Difficult to remember things | 88. Concerned about things |
| 20. Ringing in your ears | 56. Difficult to find your words | 89. Feel terrified sometimes |
| 21. Ears hurt inside | 57. Difficulty reading | 90. Mull about things |
| 22. Smells seem different or lost | 58. Difficult to speak sometimes | 91. Thoughts you'd like to stop but can't |
| 23. Nose gets blocked | 59. Shaky | 92. Need to do things over and over |
| 24. Grinding your teeth | 60. Weak | 93. Eat more food than you can comfortably eat |
| 25. Things taste different | 61. Too active | 94. Careful to never eat too much |
| 26. Voice hoarse or sore | 62. Can't balance on one leg | 95. Make yourself throw up |
| 27. Can't get enough air | 63. Moving your head or saying words you don't intend | 96. Difficult to do things you'd like to do |
| 28. Heart too fast or jumpy | 64. Difficulty paying attention | 97. Others are against you |
| 29. Pulsing or throbbing in your head | 65. Easily distracted | 98. Get into trouble for your behavior |
| 30. Heart skips a beat | 66. Make a lot of mistakes | 99. Feeling angry |
| 31. World spinning around you | 67. Disorganized | 100. Overwhelmed |
| 32. Might throw up | 68. Difficult to complete tasks | |
| 33. Tummy hurts | 69. Lose your train of thought | |
| 34. Gassy, bloated | | |
| 35. Sensitive digestion | | |
| 36. Upset stomach | | |

Note: Any concerns mentioned are intended as examples only and not meant to suggest that NeuroOptimal® treats, mitigates, cures, or diagnoses any listed concern. Instead, identified concerns and medication use are one of many ways to measure shifts in brain functioning and perception.