

Symptom Tracking

CATEGORY 1: SLEEP			
Bruxism		Difficulty falling asleep	
Difficulty maintaining sleep		Difficulty walking	
Dysregulated sleep cycle		Narcolepsy	
Night sweats		Night terrors	
Nightmares or vivid dreams		Nocturnal enuresis	
Periodic leg movements		Restless leg	
Restless sleep		Sleep apnea	
Sleep walking		Snoring	
Talking during sleep			

CATEGORY 2: ATTENTION & LEARNING			
Difficulty completing tasks		Difficulty following direction	
Difficulty making decisions		Difficulty organizing personal time/space	
Difficulty remembering names		Difficulty shifting attention	
Difficulty shifting tasks		Difficulty thinking clearly	
Difficulty understanding conversations		Distractibility	
Lack of alertness		Lacking common sense	
Messy handwriting		Not listening	
Poor concentration		Poor drawing ability	
Poor math		Poor short-term memory	
Poor sustained attention		Poor verbal expression	
Poor vocabulary		Poor word finding	
Reading difficulty		Slow thinking	
Unmotivated			

CATEGORY 3: SENSORY

Auditory hypersensitivity	
Motion sickness	
Somatosensory deficits	
Tinnitus	
Visual deficits	

Chemical sensitivities	
Poor body awareness	
Tactile hypersensitivity	
Vertigo	
Visual hypersensitivity	

CATEGORY 4: BEHAVIORAL

Addictive behaviors	
Anorexia	
Binging and purging	
Compulsive behaviors	
Crying	
Hyperactivity	
Inflexibility	
Lack of sense of humor	
Manipulative behavior	
Nail biting	
Poor eye contact	
Poor social or emotional reciprocity	
Rages	
Stuttering	

Aggressive behavior	
Autistic stimming	
Class clown	
Compulsive eating	
Excessive talking	
Impulsivity	
Lack of appetite awareness	
Lack of social interest	
Motor or vocal tics	
Oppositional or defiant behavior	
Poor grooming	
Poor speech articulation	
Self-injurious behavior	

CATEGORY 5: EMOTIONAL

Agitation	
Anxiety	
Difficult to soothe	
Easily embarrassed	
Fears	
Flashbacks of trauma	
Irritability	
Lack of pleasure	
Low self-esteem	
Mood swings	
Obsessive worries	
Paranoia	

Anger	
Depression	
Dissociative episodes	
Emotional reactivity	
Feelings of unreality	
Impatience	
Lack of emotional awareness	
Lack of social awareness	
Mania	
Obsessive negative thoughts	
Panic attacks	
Suicidal thoughts	

CATEGORY 6: PHYSICAL

Allergies	
Chronic constipation	
Difficulty walking or moving	
Effort fatigue	
Fatigue	
High blood pressure	
Immune deficiency	
Low muscle tone	
Muscle twitches	
Nausea	
Poor balance	
Poor gross motor coordination	
Rigidity	
Skin rashes	
Stress incontinence	
Sweating	
Tremor	

Asthma	
Clumsiness	
Difficulty working	
Encopresis	
Heart palpitations	
Hot flashes	
Irritable bowel	
Muscle tension	
Muscle weakness	
PMS symptoms	
Poor fine motor coordination	
Reflux	
Seizures	
Spasticity	
Sugar craving and reactivity	
Tachycardia	
Urge incontinence	

CATEGORY 7: PAIN

Abdominal pain	
Chronic nerve pain	
Jaw pain	
Migraine headaches	
Muscle tension headaches	
Sinus headaches	
Trigeminal neuralgia	

Chronic aching pain	
Fibromyalgia pain	
Joint pain	
Muscle pain	
Sciatica	
Stomach aches	