

TRACKING YOUR SHIFTS: THE ONE HUNDRED NAME: PRE/ONGOING/POST

Please check off any item that sounds right for you. If you are unsure, use the past week as your guide. It's fine to add comments if you wish.

2. Wheezing 33. Gassy, bloated 66. Make a lot of mistakes 3. Carch cold too often 36. Upset stomach 68. Difficult to complete tasks 4. Run down 37. Difficult going to the bathroom 69. Lose your train of thought 5. Tired 38. Earthwen not hungry, or not feeling hungry 70. Difficult to complete at subject or work 6. Awake too long when you go to bed 39. Trouble eating sweets 71. Get into trouble at school or work 7. Waking up during the night 40. Urges to eat sweet things 72. Mix up numbers or letters sometimes 8. Waking up before you want to 41. Sensitive to heat or cold 73. Difficult to make up in the morning 42. Slowed down or speeded up 74. Difficult to make up in the morning 42. Slowed down or speeded up 74. Difficult to make up in the morning 43. Moody at certain times of the month 11. Difficult by the shing at night 44. Hot flashes 75. Need to go to the bathroom but hard to start 12. Out of bed but not knowing how you got there 45. Problems from being of a "certain age" 76. Lose your urine sometimes 77. Difficult to manage 47. Too interested in your partner 77. Difficult to control going to the toilet 78. Stinging sensations when going to the bathroon of the people? The people? The people? 79. Difficult to head 79. Difficult head 79.	It's fine to add comments if you wish.						
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20. Ringing in your ears 52. Pains in your head 85. Moody 21. Ears hurt inside 53. Going to pass out 86. Feeling low or flat 22. Smells seem different or lost 54. Lose consciousness 87. Feel sad 28. Concerned about things 29. Feel terrified sometimes 29. Mull about things 20. Voice hoarse or sore 51. Difficulty reading 20. Weak 21. Thoughts you'd like to stop but can't 22. Smells seem different 23. Nose gets blocked 24. Grinding your teeth 55. Difficulty reading 26. Voice hoarse or sore 58. Difficulty reading 59. Shaky 90. Mull about things 21. Thoughts you'd like to stop but can't 22. Need to do things over and over 23. Can't get enough air 24. Gar't get enough air 25. Thoughts you'd like to stop but can't 26. Weak 27. Can't get enough air 28. Heart too fast or jumpy 29. Pulsing or throbbing in your head 29. Pulsing or throbbing in your head 29. Pulsing or throbbing in your head 29. Moving your head or saying 30. Heart skips a beat 31. World spinning around you 32. Might throw up 33. Might throw up 34. Difficulty paying attention 35. Moody 86. Feeling low or flat 87. Feel sad 87. Feel sad 88. Concerned about things 88. Concerned about things 89. Feel terrified sometimes 90. Mull about things 91. Thoughts you'd like to stop but can't 92. Need to do things over and over 93. Eat more food than you can comfortably eat 94. Careful to never eat too much 95. Make yourself throw up 96. Difficult to do things you'd like to do 97. Others are against you 98. Get into trouble for your behavior 99. Feeling angry			51.	Fatigued	84.	Habits that concern you	
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59. Shaky 92. Need to do things over and over 27. Can't get enough air 28. Heart too fast or jumpy 61. Too active 94. Careful to never eat too much 29. Pulsing or throbbing in your head 62. Can't balance on one leg 95. Make yourself throw up 30. Heart skips a beat 63. Moving your head or saying 96. Difficult to do things you'd like to do 31. World spinning around you 97. Others are against you 98. Get into trouble for your behavior 32. Might throw up 33. Eat more food than you can comfortably eat 34. Careful to never eat too much 95. Make yourself throw up 96. Difficult to do things you'd like to do 97. Others are against you 98. Get into trouble for your behavior	25.	Things taste different	57.	Difficulty reading	90.	Mull about things	
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 30. Heart skips a beat 31. World spinning around you 32. Might throw up 33. Moving your head or saying words you don't intend 34. Moving your head or saying words you don't intend 35. Moving your head or saying words you don't intend 36. Difficult to do things you'd like to do others are against you 38. Get into trouble for your behavior 39. Feeling angry 	28.	Heart too fast or jumpy	61.	Too active	94.	Careful to never eat too much	
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