

Date: _____ Patient name: _____

To enable us to find a suitable homeopathic remedy, we need you to *precisely record here all changes in how you feel* which have arisen during the *current illness*. To do this:

1) Below, write the main symptoms you have noticed with your illness:

MAIN SYMPTOMS (for example: knee pain on right after exercise, swelling, sensitive to cold)

2) Underline below whatever applies to you during your illness.

For example: if it gets worse when you perspire, mark: during / after perspiration better / worse

OPEN AIR, WEATHER, TEMPERATURE, WRAPPING UP

- open air: better / worse
- open air: desire for / aversion to
- cold weather: better / worse
- wet weather: better / worse
- dry weather: better / worse
- cold in general: better / worse
- warmth in general: better / worse
- when getting cold: better / worse
- wrapping up warmly: better / worse
- uncovering: better / worse
- warm room: better / worse
- becoming warm in bed: better / worse
- during / after perspiration: better / worse
- wet compress on body: better / worse

POSITION

- lying position: better / worse
- lying on back: better / worse
- lying on side: better / worse
- lying on painful side: better / worse
- change of position: better / worse
- sitting: better / worse
- sitting bent over: better / worse
- standing: better / worse
- letting limbs hang down: better / worse
- resting limbs on something: better / worse
- leaning against something: better / worse
- muscles: flabby / tense

MOVEMENT, EXERCISE, REST

- movement: better / worse
- movement: desire for / aversion to
- continued movement: better / worse
- movement of affected parts: better / worse
- bending or turning affected parts: better / worse
- raising affected limb: better / worse
- bending affected limb: better / worse
- stretching affected limb: better / worse
- walking: better / worse
- walking in open air: better / worse
- running (jogging): better / worse
- stepping hard: better / worse
- physical exercise: better / worse
- walking up (stairs, hill etc): better / worse
- walking down (stairs, hill etc): better / worse
- resting: better / worse
- bending over: better / worse
- sitting up / straightening up: better / worse
- sitting down: better / worse
- while / after getting up from seat: better / worse

SLEEP

- after lying down: better / worse
- while falling asleep: better / worse
- during sleep: better / worse
- while waking up: better / worse
- while / after getting up: better / worse

SIDE

- side in general: left / right

SENSATION

- touch: better / worse
- external pressure: better / worse
- rubbing: better / worse
- sneezing: better / worse

STATE OF MIND

- irritable / mild
- sad / happy
- being alone: better / worse