



Inspiring & Cultivating, Healthy, Balanced Lifestyles

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

**Directions: Please number the boxes with the appropriate grading scale.**

- 1 = Experience the symptom once or more per week.
- 2 = Experience the symptom once every couple of weeks.
- 3 = Experience the symptom once per month.

**Earth**

- Indigestion, gas, bloating, heartburn, reflux
- Stomach distension or pain
- Nausea
- Appetite is  good  poor
- Stools are  loose  soft  well formed
- Bowel movements  times daily
- Blood in stools
- Frequent over-thinking, frequent worrying
- Weakness of arms and legs
- Chronic hemorrhoids
- Feel sleepy, tired after eating
- Difficulty losing or gaining weight
- Phlegm or mucous in nose, ears (wax)
- Lots of thin, clear mucous
- Yellow or green phlegm
- Frequent gurgling sounds in stomach
- Undigested food in stools
- Sweet taste in mouth
- Craving for sweets
- Dry, cracked lips
- Mouth sores or bleeding gums
- Toothaches
- Headaches at forehead
- Dry heaves or hiccups

**Metal**

- Respiratory Problems
- Sinus Problems
- Allergies, sinus congestion
- Hands and feet go to sleep easily
- Fevers, colds & flu, sore throat
- Cough
- Phlegm is  clear  yellow
- Phlegm is  thick  watery
- Spontaneous sweating
- Chronic asthma
- Fatigue and dislike of talking
- Facial edema or swelling
- Frequent colds
- Asthma, harder to exhale than inhale
- Prefer open windows in a closed room

**Wood**

- Irritability, frequent moodiness, anger
- Impetuosity, depression, mental restlessness
- Tight feeling in chest or side of trunk, breasts
- Frequent sighing or need to take a deep breath
- Burping, belching, frequent hiccups
- Stools hard like little pebbles or long and thin
- Eye redness or pain
- Headaches on temples, top or back of head
- Sudden dizziness or vertigo
- High pitched ringing in ears
- Blurred vision, eye floaters, poor night vision
- Dizziness when getting up or after exertion
- Brittle nails or dry skin
- Twitching muscles or eyelids
- Numbness of limbs
- Tremors, convulsions
- Sudden hearing loss, ear pain
- Genital itching, swelling or pain
- Easily startled
- Dream disturbed sleep
- Bitter taste in mouth
- Feeling of lump in throat, difficult swallowing
- "Liver" spots, varicosities

**Fire**

- Palpitations (can feel heart beating in chest)
- Insomnia, difficulty falling asleep
- Insomina, difficulty staying asleep
- Perspiration or palpitations with excitement
- Discomfort at high altitude
- Get drowsy often
- Unsettled or anxious
- Dry mouth and throat
- Tongue sores
- Chest pain or stifling sensation in chest
- Circulation problems
- Skin rash that is red, burning or itching
- Burning urination

**Water**

- Hearing loss
- Ear ringing
- Low back pain
- Knee pain
- Cold feet
- Crave salt
- Feel cold easily
- Darkness under eyes
- Failing memory
- Low blood pressure
- High blood pressure
- Hair thinning or loss, early gray hair
- Frequent urination, incontinence or dribbling
- Frequent night urination
- Color of urine is  pale  yellow  dark yellow
- Urine is  clear  cloudy or turbid
- Asthma, harder to inhale than exhale
- Difficulty breathing when lying down
- Flushed face easily
- Bone or joint problems
- Early morning diarrhea or chronic diarrhea
- Prolonged physical or emotional stress
- History of blood loss
- Night sweats or hot flashes, flushed face
- Increased or reduced sex drive
- Low grade fever
- Frequent terror, fear or fright
- Poor memory

**History of back pain in family? If yes,**

- mother
- father
- grandparents

**Have you been diagnosed with:**

- Thyroid disease
- Liver trouble
- Diabetes
- Gallbladder Problems
- Cardiovascular disease
- Irritable Bowel Syndrome
- Any kind of Arthritis
- Kidney trouble
- Ulcers
- Fibromyalgia

**Women**

- Started menstruation at age \_\_\_\_
- Cycle is \_\_\_\_ days
- Menstrual flow lasts \_\_\_\_ days
- Yeast or other genital infections
- Clear watery vaginal discharge
- Thick or yellow vaginal discharge
- Irregular menses
- Taking birth control pills
- Heavy menstrual bleeding
- Dark menstrual blood with clots
- Bright red menstrual blood
- Pale color menstrual blood
- Spotting or dribbling for many days
- Menstrual pain before, during, or after period
- Menstrual low back pain
- Short/early cycle
- Long/delayed cycle
- Post or pre-menstrual symptoms
- Frequent painful or swollen breasts
- Cysts, lumps, tumors
- Menopause started at age \_\_\_\_

**Men**

- Prostate trouble
- Dribbling urination
- Weak or slow urine stream
- Testicular swelling or pain
- Difficulty with erections
- Urethral trouble or discharge

**Please list any medications you are taking:**


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**Please list any nutritional supplements you are taking:**


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**Please list any recreational drugs you are taking:**


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