Week of _____

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Blood Pressure							
- when lying down							
- when rising							
Body Temperature							
Temp 1 - 10 a.m.							
Temp 2 - 1 p.m.							
Temp 3 - 4 p.m.							
Daily Average							
(record on Temp Graph)							
Other Symptoms:							
Eyes/Sensitivity to Light							
Urine							
Emotions:							
Notes:							
Did I eat right today?							
Did I get enough sleep?							
Am I too busy?							
Do I have a routine?							
Am I upset with someone?							
Am I worried about something?							
Am I getting sick?							
Exercise:							
Other:							