



KRAMER HOMEOPATHIC

Symptom (Sx) Recording Instructions:

Please use the attached chart to record the FREQUENCY, INTENSITY and DURATION of the symptoms (Sx's) you experience. This will be useful during follow-up or phone consultations in order to explain or describe the progress of your treatment. This chart will also help us to see exactly how often and long your symptoms or behaviors appear so that we can track the movement of your healing.

Suggested way to use the chart:

The graph represents one month of your treatment divided into two sheets. The days of the month appear vertically on the left side of the page. Across the top of the chart are blank spaces for you to write your symptoms (denoted Sx's). Fill in *one* specific symptom per column.

For each day that the symptom or behavior persists you will record the frequency, intensity and duration of the symptom in the box provided for that day.

Frequency (how often a specific symptom or behavior manifests, which may occur more than once daily) and should be recorded by entering the number of times the symptom is experienced next to the letter **F**. e.g.: Waking three (3) times at night would be logged as "F -3".

Intensity (how strong the symptom or behavior is during each and every episode) will be recorded using a graduated number from 1-10 next to the letter **I** in the corresponding box.

- The number 1 representing the least amount of noticeable discomfort and number 10 representing the highest level of discomfort. All numbers in between representing graduated levels of intensity. e.g.: Daily headache pain would be logged as "I - 4-6".

Duration (how long the symptom or behavior persists) will be recorded by entering the number of minutes or hours that the symptom lasted next to the letter **D**. e.g. Belching after eating for 1 hour would be logged as "D - 1hr."