Weekly tracker

	SUN	MON	TUE	WED	THU	FRI	SAT
Symptoms							
Feet							
Ankles							
Knees							
Back							
Hips							
Neck							
Shoulders							
Wrists							
Hands							
Headache							
Issues							
Sleep - quality							
Sleep - quant (hrs)							
Daytime fatigue							
Mood							
Dizzy/vertigo							
Mental clarity							
Feminine issues							
Misc							
Weather							
Humidity							
Mental/emotional							
Strenuous activity							
Meds							
Metoprolol							
Plaquenil							
NSAID (N/I)							
Prevacid							
Fish Oil							
Multivitamin							
Sleep (D/L)							
Analgesic (A/T/V)							
Misc							
Misc							
Notes							

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