

**Food, Symptoms & Activities diary**      **Date:** \_\_\_\_\_

## Food

[illegible]

WT: \_\_\_\_\_ Glu \_\_\_\_\_ Ket \_\_\_\_\_ GKI \_\_\_\_\_

## Privy Matters:

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### Exercise:

### Medications:

\_\_\_\_\_ Armour 60mcg      \_\_\_\_\_ T-4 12.5 Mcg  
 \_\_\_\_\_ Estrogen & progesterone cream \_\_\_\_\_ testosterone cream  
 \_\_\_\_\_ Fexofenadine \_\_\_\_\_ Vit. D3 1000 IU + Vit. K +Vit. B-1 100mg \_\_\_\_\_, \_\_\_\_\_ Mag 400mg  
 \_\_\_\_\_ Heliocare 2 capsules, \_\_\_\_\_ Zetia 10 mg \_\_\_\_\_ Pepcid 20mg \_\_\_\_\_ Vitamin A 900mcg

Others: \_\_\_\_\_

Gold ring from gram, does it fit? Am \_\_\_\_\_ Pm \_\_\_\_\_

### Appointments or other things of note for this date

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### What I'm feeling Grateful for right now:

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Main activities for the date:

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Date: \_\_\_\_\_

### Symptoms During Sleep Period:

[illegible]

### Symptoms from rising until Noon:

[illegible]

### Symptoms from Noon until 18:00:

[illegible]

### Symptoms from 18:00 until bedtime:

[illegible]