

Physical pain and discomfort

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Headaches/migraines																															
Breast pain/soreness																															
Itchy skin																															
Burning Skin																															
Tingly skin																															
Joint pain																															
Muscle tension																															
Hair Loss																															
Electric shocks																															
Burning mouth																															
Dental problems																															
Digestive problems																															

Psychological symptoms

Anxiety																															
Depression																															
Poor concentration																															
Irritability																															
Foggy Brain																															
Memory loss																															

Additional Notes: