

On-The-Run Data Collection Sheet for: Wednesday, August 01, 2001

Bkgrnd Dizziness **Trend**
 0 - None 0 - No change
 1 - Slight 1 - Improvement
 2 - Moderate 2 - Fluctuated
 3 - Near-vertigo 3 - Worsened
Duration: (hrs)_____

Vertigo **Trend**
 0 - None 0 - No change
 1 - Slight 1 - Improvement
 2 - Moderate 2 - Fluctuated
 3 - Substantial 3 - Worsened
 4 - Severe
 Duration: (hrs)_____ # of attacks: _____

Nausea **Trend**
 0 - None 0 - No change
 1 - Slight 1 - Improvement
 2 - Moderate 2 - Fluctuated
 3 - Vomiting 3 - Worsened
 4 - Prolonged Vomiting

Grogginess **Trend**
 0 - None 0 - No change
 1 - Slight 1 - Improvement
 2 - Moderate 2 - Fluctuated
 3 - Heavy 3 - Worsened

Gen'l Stress Level **Stressful Event Today? Y/N**
 0 - None
 1 - Slight
 2 - Moderate
 3 - Substantial
 4 - Severe

LE Threshold **Trend**
 0 - Very low 0 - No change
 1 - Low 1 - Improvement
 2 - Medium 2 - Fluctuated
 3 - High 3 - Worsened
 4 - Very high

LE Fullness **Trend**
 0 - None 0 - No change
 1 - Slight 1 - Improvement
 2 - Moderate 2 - Fluctuated
 3 - Substantial 3 - Worsened
 4 - Severe

LE Distortion **Trend**
 0 - None 0 - No change
 1 - Slight 1 - Improvement
 2 - Moderate 2 - Fluctuated
 3 - Substantial 3 - Worsened
 4 - Severe

LE Tinnitus **Trend**
 0 - None 0 - No change
 1 - Slight 1 - Improvement
 2 - Moderate 2 - Fluctuated
 3 - Substantial 3 - Worsened
 4 - Severe

LE Hyperacusis **Trend**
 0 - None 0 - No change
 1 - Slight 1 - Improvement
 2 - Moderate 2 - Fluctuated
 3 - Substantial 3 - Worsened
 4 - Severe

LE Recruitment **Trend**
 0 - None 0 - No change
 1 - Slight 1 - Improvement
 2 - Moderate 2 - Fluctuated
 3 - Substantial 3 - Worsened
 4 - Severe

Meds
 _____ (other)
 _____ Bdryl25
 _____ Chlor4
 _____ Clar
 _____ Clem 1.34
 _____ Gink 60
 _____ HCTZ50
 _____ LemBio1g
 _____ Mecl25
 _____ Niac100
 _____ PPA75
 _____ Rhino32
 _____ Serc16
 _____ SercHB8
 _____ Val1
 _____ Vinpoc5
 _____ pred20

Body Weight:_____

Hydration State
 1 - Very dehydr.
 2 - Moderately dehydr.
 3 - Well-hydrated

Menstrual State

 Premenstrual
 Menstrual
 Post-menstrual

Exercise _____
Intensity
 1 - Low
 2 - Low-Medium
 3 - Medium
 4 - Medium-High
 5 - High
Duration (mins)_____

Sleep Position

 Back
 Left side
 Right side
 Stomach
 Varied
 Upright

Sleep Quality_____

Night Sweats
 0 - None
 1 - Slight
 2 - Moderate
 3 - Heavy

Headache
 0 - None
 1 - Slight
 2 - Moderate
 3 - Substantial
 4 - Severe

Other Illness? _____

Fibromyalgia symptoms
 0 - None
 1 - Slight
 2 - Moderate
 3 - Substantial
 4 - Severe

Hot Flashes
 0 - None
 1 - Slight
 2 - Moderate
 3 - Substantial
 4 - Severe

Over-all Mood _____

Sodium
 0 - Very low (<500mg)
 1 - Low (500-1000mg)
 2 - Moderate (1000-1500mg)
 3 - Substantial (>1500mg)

Chocolate
 0 - None
 1 - Tidbit or two
 2 - An entire bar
 3 - More than a bar

Caffeine
 0 - None
 1 - Low (<1 cup eq.)
 2 - Moderate (1-2 cup eq.)
 3 - Substantial (>2 cup eq.)

Alcohol
 0 - None
 1 - A sip or two
 2 - 1 drink
 3 - 2 drinks
 4 - >2 drinks

Suspect Reactive Food

Allergen _____

Reduce Allergen _____

Weather _____

Over-all Pollen Level
 1 - Low
 2 - Medium
 3 - High

Tree Pollen Level
 1 - Low
 2 - Medium
 3 - High

Mold Pollen Level
 1 - Low
 2 - Medium
 3 - High

Grass Pollen Level
 1 - Low
 2 - Medium
 3 - High

Weed Pollen Level
 1 - Low
 2 - Medium
 3 - High

Special Diet
 _____ (other)
 _____ No allergen

Treatments
 _____ (other)
 _____ Meniett
 _____ GentTx

On-The-Run Data Collection Sheet for: Thursday, August 02, 2001

Bkgrnd Dizziness **Trend**
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Duration: (hrs)_____

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 Duration: (hrs)_____ # of attacks: _____

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Grogginess **Trend**
 0 - None 0 - No change
 1 - Slight 1 - Improvement
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Gen'I Stress Level **Stressful Event Today? Y/N**
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LE Threshold	Trend	RE Threshold	Trend
0 - Very low	0 - No change	0 - Very low	0 - No change
1 - Low	1 - Improvement	1 - Low	1 - Improvement
2 - Medium	2 - Fluctuated	2 - Medium	2 - Fluctuated
3 - High	3 - Worsened	3 - High	3 - Worsened
4 - Very high		4 - Very high	

LE Fullness	Trend	RE Fullness	Trend
0 - None	0 - No change	0 - None	0 - No change
1 - Slight	1 - Improvement	1 - Slight	1 - Improvement
2 - Moderate	2 - Fluctuated	2 - Moderate	2 - Fluctuated
3 - Substantial	3 - Worsened	3 - Substantial	3 - Worsened
4 - Severe		4 - Severe	

LE Distortion	Trend	RE Distortion	Trend
0 - None	0 - No change	0 - None	0 - No change
1 - Slight	1 - Improvement	1 - Slight	1 - Improvement
2 - Moderate	2 - Fluctuated	2 - Moderate	2 - Fluctuated
3 - Substantial	3 - Worsened	3 - Substantial	3 - Worsened
4 - Severe		4 - Severe	

LE Tinnitus	Trend	RE Tinnitus	Trend
0 - None	0 - No change	0 - None	0 - No change
1 - Slight	1 - Improvement	1 - Slight	1 - Improvement
2 - Moderate	2 - Fluctuated	2 - Moderate	2 - Fluctuated
3 - Substantial	3 - Worsened	3 - Substantial	3 - Worsened
4 - Severe		4 - Severe	

LE Hyperacusis	Trend	RE Hyperacusis	Trend
0 - None	0 - No change	0 - None	0 - No change
1 - Slight	1 - Improvement	1 - Slight	1 - Improvement
2 - Moderate	2 - Fluctuated	2 - Moderate	2 - Fluctuated
3 - Substantial	3 - Worsened	3 - Substantial	3 - Worsened
4 - Severe		4 - Severe	

LE Recruitment	Trend	RE Recruitment	Trend
0 - None	0 - No change	0 - None	0 - No change
1 - Slight	1 - Improvement	1 - Slight	1 - Improvement
2 - Moderate	2 - Fluctuated	2 - Moderate	2 - Fluctuated
3 - Substantial	3 - Worsened	3 - Substantial	3 - Worsened
4 - Severe		4 - Severe	

Body Weight:_____

Hydration State
 1 - Very dehydr.
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Menstrual State

 Premenstrual
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Exercise_____

Intensity
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Reduce Allergen _____

Weather _____

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 2 - Medium
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Grass Pollen Level

1 - Low
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Weed Pollen Level

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 2 - Medium
 3 - High

Special Diet

_____(other)
 _____ No allergen

Treatments

_____(other)
 _____ Meniett
 _____ GentTx

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