Name: ..... **Date of Birth: .....** **Observation period:.....**

Day	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
Symptoms in episodes with symptom-free intervals of different lengths																															
Fatigue, loss of stamina, lack of endurance/fitness																															
Joint pain / swelling of arms/ hands																															
Joint pain / swelling of legs / feet																															
Backache and shoulder pain																															
Headache and neck pain with stiffness																															
Burning, stinging, tingling in different parts of the body																															
Vision disturbances, blurred vision, infection of the eyes																															
Hearing disorders, whistling or hissing or buzzing, tinnitus																															
Numbness / partial paralysis																															
Chilling or sweating, temperature change sensation																															
Shaky gait, unsteady grip																															
Impairment of the fine motor skills and of coordination																															
Night sweats																															
Night-time urination																															
Muscle soreness without exercising																															
Bladder and sexual dysfunction																															
Insomnia, sleeping problems (too much or too little)																															
Dizziness, vertigo																															
Concentration, thought, perception or orientation disorder																															
Word-finding difficulty																															
Brain-fog / dementia-like symptoms																															
Psychiatric symptoms																															
Shortness of breath and respiratory distress after little physical effort																															
Respiratory infections																															
Cardio-vascular symptoms such as Increases in blood pressure, cardiac arrhythmia, palpitations																															
Stomach / intestinal problems																															
Sudden weight changes without any change of diet																															
Skin problems - itching, changes, eg																															
Hair Loss																															
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Classification of symptoms: 0 = symptom not present, 1 = low, 2 = medium, 3 = strong, 4 = very strong