



**PATIENT NAME:**

**DATE:**

Patient Symptom Tracker

**If any item ranks in the “Occasionally”, “Frequently” or “Always” category, please indicate average number of times per week.**

		Medications	Always	Frequently	Occasionally	Rarely	Never
T4-P4		Taking Stimulants for Hyperactivity					
T3-FP1		Taking Stimulants for Attention					
T3-FP1		Taking Stimulants for impulse control					
T3-FP1	T3-F3 & 7	Taking Antidepressants					
T3-T4		Taking Anticonvulsants					
T4-FP2		Taking Antipsychotics					
T4-FP2		Taking medication for hypertension					
T4-FP2		Taking muscle relaxants					
		Pain	Always	Frequently	Occasionally	Rarely	Never
T3-FP1		Obsession on Pain					
T3-F3		Low pain threshold					
T3-T4		Chronic headaches (non-migraine)					
T3-T4		Migraines					
T3-T4		Trigeminal Neuralgia					
T3-T4		Fibromyalgia					
T3-T4		Muscle Tension					
T3-T4		Chronic Nerve Pain					
T3-T4		Sciatica					
		Sleep	Always	Frequently	Occasionally	Rarely	Never
T3-FP1		Difficulty Falling asleep (mental / emotional reasons)					
T4-P4		Difficulty Falling asleep (physical reasons)					
T3-T4		Wakes up often / Disorganized sleep					
T3-T4		Night Terrors'					
T3-T4		Sleep walking					
T3-T4		Night Sweats					
T3-T4		Narcolepsy					
T3-T4		Restless legs syndrome					
T3-T4		Nocturnal emuresis (bedwetting)					
T4-P4		Bruxism (grinding of teeth)					



Eating		Always	Frequently	Occasionally	Rarely	Never
T3-FP1	Compulsive Eating					
T4-P4	Appetite Awareness					
T3-F3	Lack of Interest in food					
T3-T4	Sugar Craving					
T4-FP2	Anorexia					
T4-FP2	Bulimia					
Vision		Always	Frequently	Occasionally	Rarely	Never
T4-O2	Left Visual field deficit					
T3-O1	Right visual field deficit					
Academic		Always	Frequently	Occasionally	Rarely	Never
T3-P3	Difficulty with general Arithmetic					
T4-P4	Difficulty with Math concepts					
T3-T5	Difficulty with reading comprehension					
T4-T6	Difficulty with letter, shape or other pattern recognition					
Executive functions / Prefrontal		Always	Frequently	Occasionally	Rarely	Never
T3-FP1	Poor Attention					
T3-FP1	Poor short term memory					
T3-FP1	Impaired impulse control					
T3-FP1	Impaired organizational skills					
T3-FP1	Impaired planning					
T3-FP1	Compulsive behavior					
T3-FP1	Poor control of thinking					
T3-FP1	Obsessive worry					
T3-FP1	Obsessive behavior					
T3-FP1	Negative thinking: focused on problem, not solutions					
T3-FP1	Anxiety					
T3-FP1	Depression					
Language		Always	Frequently	Occasionally	Rarely	Never
T3-F7	Stuttering					
T3-F7	Difficulty Expressing thoughts, ideas, concepts.					
T4-F8	Difficulty identifying and expressing emotions					
T4-F8	Early language delays (gestures, pointing etc)					
T4-F8	Poor concept of music / singing					



		Emotional, Behavioral and Social	Always	Frequently	Occasionally	Rarely	Never
T4-T6		Emotional Awareness - seems not in touch with own emotions.					
T4-T6		Impaired Social Emotional Awareness - doesn't recognize other's facial expressions.					
T4-F8		Difficulty identifying and expressing emotions					
T4-FP2	T4-O2	Lacks emotional control / Over reacts					
T4-FP2		Anger / Rage.					
T4-FP2		Verbal Agression (with or without overuse of profanity)					
T4-FP2		Fault finding / nit-picky					
T4-FP2		Physical Agression (grabbing another person, hitting, throwing objects)					
T4-FP2		Oppositional and/or defiant behavior					
T4-FP2		Lack of empathy for other's feelings					
T4-FP2		Deficient interpersonal relationships					
T4-FP2		Hypervigilence (with or without paranoia)					
T4-FP2		Thrill seeker (engages in dangerous behavior without regard to consequences)					
T4-FP2		Apparent lack of common sense					
T4-FP2		Sense of excessive shame					
			Always	Frequently	Occasionally	Rarely	Never
T3-F3		Poor motivation					
T3-F3		Lack of interest					
T3-F3		Doesn't take the initiative (wont try new things)					
T3-F3		Difficulty engaging in familiar tasks (school, work, household chores)					
T3-F3		Makes self deprecating remarks (I'm no good, I'm a loser...)					



Physical		Always	Frequently	Occasionally	Rarely	Never
T3-F3	Impaired fine motor skills - writing, buttons, zippers, etc					
T4-P4	Hyperactive / figity					
T4-P4	Restless legs syndrome					
T4-P4	Poor sensory processing / Sensory Integration					
T4-P4	Impaired Body Awareness - bumps into stationary objects					
T4-P4	Impaired Balance					
T4-P4	Feeling disconnected from body					
T4-P4	hypersensitive to noise, light, touch					
T4-P4	Hypertension					
T4-P4	PMS - Pain symptoms					
T4-P4	Skin Rash					
T4-P4	Constipation					
T4-P4	Reflux / Involuntary regurgitation					
T4-P4	Physical spasticity					
T4-P4	Body Tension					
T4-P4	Taking muscle relaxants					
<b>Right-sided physical impairments</b>		<b>Always</b>	<b>Frequently</b>	<b>Occasionally</b>	<b>Rarely</b>	<b>Never</b>
T3-C3	Impaired gross motor skills - clumsy, falls often, awkward					
T3-C3	Right-sided weakness / other Right sided Somatosensory issues					
T3-C3	Right-sided sensory processing (pain, heat/cold, touch, etc					
<b>Left-sided physical impairments</b>		<b>Always</b>	<b>Frequently</b>	<b>Occasionally</b>	<b>Rarely</b>	<b>Never</b>
	Impaired gross motor skills - clumsy, falls often, awkward					
T4-C4	Left sided weakness / other Left sided Somatosensory issues					
T4-F4	Left-sided sensory processing (pain, heat/cold, touch, etc					
<b>Bilateral physical impairments</b>		<b>Always</b>	<b>Frequently</b>	<b>Occasionally</b>	<b>Rarely</b>	<b>Never</b>
T3-T4	Other movement disorders: Cerebral Palsey, Ataxia					

Please do not write below this line.

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Topics of discussion:

Transformation's "House of Champions" culture.

Therapists referred "Coach" or "Life Coach".

Setting your child up for success: The List. Programming desired behavior. (Phrases to avoid)

Report Card.