

List of Predefined Categories for Symptom Tracking

Your e-mail address:

1 CATEGORY SLEEP			
Bruxism		Difficulty falling asleep	
Difficulty maintaining sleep		Difficulty waking	
Disregulated sleep cycle		Narcolepsy	
Night sweats		Night terrors	
Nightmares or vivid dreams		Nocturnal enuresis	
Periodic leg movements		Restless leg	
Restless sleep		Sleep - number of hours	
Sleep apnea		Sleep Quality Overall	
Sleep walking		Snoring	
Talking during sleep			
2 CATEGORY ATTENTION + LEARNING			
Difficulty completing tasks		Difficulty following directions	
Difficulty making decisions		Difficulty organizing personal time or space	
Difficulty remembering names		Difficulty shifting attention	
Difficulty shifting tasks		Difficulty thinking clearly	
Difficulty understanding conversations		Distractibility	
Lack of alertness		Lacking common sense	
Messy handwriting		Not listening	
Poor concentration		Poor drawing ability	
Poor math		Poor short-term memory	
Poor sustained attention		Poor verbal expression	
Poor vocabulary		Poor word finding	
Procrastination		Reading difficulty	
Slow thinking		Unmotivated	
3 CATEGORY SENSORY			
Auditory hypersensitivity		Chemical sensitivities	
Motion sickness		Poor body awareness	
Somatosensory deficits		Tactile hypersensitivity	
Tinnitus		Vertigo	
Visual deficits		Visual hypersensitivity	
4 CATEGORY BEHAVIORAL			
Addictive behaviors		Aggressive behavior	
Anorexia		Autistic stimming	
Binging and purging		Class clown	
Compulsive behaviors		Compulsive eating	
Crying		Excessive talking	
Hyperactivity		Impulsivity	
Inflexibility		Lack of appetite awareness	
Lack of sense of humor		Lack of social interest	
Manipulative behavior		Motor or vocal tics	
Nail biting		Oppositional or defiant behavior	
Poor eye contact		Poor grooming	
Poor social or emotional reciprocity		Poor Speech articulation	
Rages		Self-injurious behavior	
Stuttering			

5 CATEGORY EMOTIONAL		
Agitation		Anger
Anxiety		Depression
Difficult to soothe		Dissociative episodes
Easily embarrassed		Emotional reactivity
Fears		Feelings of unreality
Flashbacks of trauma		Impatience
Irritability		Lack of emotional awareness
Lack of pleasure		Lack of social awareness
Low self-esteem		Mania
Mood swings		Obsessive negative thoughts
Obsessive worries		Panic attacks
Paranoia		Suicidal thoughts
6 CATEGORY PHYSICAL		
Allergies		Asthma
Chronic constipation		Clumsiness
Difficulty walking or moving		Difficulty working
Effort fatigue		Encopresis
Fatigue		Heart palpitations
High blood pressure		Hot flashes
Immune deficiency		Irritable bowel
Low muscle tone		Muscle tension
Muscle twitches		Muscle weakness
Nausea		PMS symptoms
Poor balance		Poor fine motor coordination
Poor gross motor coordination		Reflux
Rigidity		Seizures
Skin rashes		Spasticity
Stress incontinence		Sugar craving and reactivity
Sweating		Tachycardia
Tremor		Urge incontinence
7 CATEGORY PAIN		
Abdominal pain		Chronic aching pain
Chronic nerve pain		Fibromyalgia pain
Jaw pain		Joint pain
Migraine headaches		Muscle pain
Muscle tension headaches		Sciatica
Sinus headaches		Stomach aches
Trigeminal neuralgia		
8 CATEGORY POSITIVE		
8 Alertness		8 Balance
8 Calmness		8 Compassion
8 Confidence		8 Connectedness
8 Energy Level		8 Focus
8 Goal Setting		8 Good Sleep Quality
8 Gratitude		8 Happiness
8 Harmony		8 Optimism
8 Positive Attitude		8 Resilience
8 Vitality		