

contender's CRPS Symptom Tracker

Day	Day	Day	Day	Day
<b>Nervous</b>	<b>Cardiovascular</b>	<b>Muscular</b>	<b>Digestive</b>	<b>Cognitive</b>
Burning	Bluish	Aching	Lack of Appetite	Dysexecutive
Stabbing	Purplish	Bruising	Disgust Reflex	Comprehension
Shooting	Gray	Compression	Reactive to Food	Concentrate
Stinging	Pale	Cramping	Early Saitey	Focus
Tingling	Blush Pink	Dystonia	Acid Reflux	Multitasking
Pricking	Bright Red	Shaking	Nausea	Word Recall
Aching	Deep Red	Soreness	Vomiting	Mathematics
Allodynia	Mottling	Spasming	Indigestion	Fatigue
Hyperalgesia	Numbness	Stiffness	Cramping	Brain Fog
Migraine	Tingling / Pins	Strained	Welding	Short Memory
Tinnitus	Throbbing	Trigger Points	Stabbing	Long Memory
Sound Sensitivity	Fluttering	Twitching	Burning	Response Lag
Smell Sensitivity	Rapid Pulse	Deep	Bloating	Body Distortion
Taste Sensitivity	Slow Pulse	Surface	Painful Gas	Overstimulated
Light Sensitivity	Chest Pain	Slack / Atonia	Constipation	Mindfully Aware
Eye Pain	Chest Tightness	Collapse	Diahrrea	Stayed Calm
Dry Eye	Chest Pressure		Shed Gut Lining	Dissociate Long
Visual Snow	Dizziness		Urgency	Hard to be Calm
	Feeling Faint		Frequency	Lash Out
	Fainted			PTSD Attack
	Vascular Ulcer			Nightmares
<b>Skeletal</b>	<b>Skin &amp; Sweat</b>	<b>Reproductive</b>	<b>Urinary</b>	<b>Endocrine</b>
Acid Bones	Cold to Touch	Burning	Kidneys	SNS Strike
Thin Bones	Hot to Touch	Pelvic Pain	Burning	Fight Reflex
Heavy Bones	Sweating	Intimacy Pain	Cloudy	Flight Reflex
Crushed Bones	Dry	Cramping	Off Color	Freeze Reflex
Grinding Bones	Cracking	Bloating	Urgency	Fawn Reflex
Squeak Connect	Hair Changes	Menstruating	Partial Void	Mood Swings
Stretch Connect	Rash	Craving	Incontinence	Crying
Stiff Connect	Itchy	UTI / STI Flare	Frequency	Insomnia
Joint Pain	Nail Issues			Disrupted Sleep
Dislocate / Sublux				
	<b>Lymphatic</b>	<b>Respiratory</b>	<b>Weather</b>	
	Swelling	Short of Breath	Pressure Change	
	Inflamed Nodes	Coughing	Cold Front	
	Hard Tight Skin	Wheezing	Heat Wave	
		Asthma Attack	Snow / Rain	
		Allergy Attack	High Humidity	

Notes