

contender's CRPS Symptom Tracker																																		
Day							Day							Day							Day													
Nervous							Cardiovascular							Muscular							Digestive							Cognitive						
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							
Skeletal							Skin & Sweat							Reproductive							Urinary							Endocrine						
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																																		
Mood State							Lymphatic							Respiratory							Weather							Treatment						
Anxious							Swelling							Short of Breath						Pressure Change								Heat Therapy						
Critical							Inflamed Nodes							Coughing						Cold Front								Physical Therapy						
Depressed							Hard Tight Skin							Wheezing						Heat Wave								Reflex Integration						
Irritable														Asthma Attack						Snow / Rain								Lymphatic Drain						
Numb Emotions														Allergy Attack						High Humidity								Medication						
Suicidal / Ideation																																		
Flare Location 1							Flare Location 2							Core/Torso							One Side Body							Whole Body						
Notes																																		