

contender's CRPS Symptom Tracker																																		
Day							Day							Day							Day							Day						
Nervous							Cardiovascular							Muscular							Digestive							Cognitive						
Burning	x	x	x	x	x	x	Bluish	x	x	x	x	x	x	Aching	x		x	x	Lack of Appetite	x		x	x	Dysexecutive	x	x		x	x	x				
Stabbing	x		x		x		Purplish	x	x	x	x	x	Bruising					Disgust Reflex			x	x	Comprehension	x	x		x	x	x					
Shooting	x	x	x			x	Gray					x	Compression	x	x	x		Reactive to Food					Concentrate	x	x		x	x	x					
Stinging		x					Pale	x	x	x	x	x	Cramping	x	x	x		Early Saitey	x				Focus	x	x			x	x					
Tingling		x	x		x		Blush Pink				x	Dystonia	x	x	x	x	Acid Reflux	x			x	Multitasking	x	x		x	x	x						
Pricking		x	x	x	x		Bright Red		x	x	x	x	Shaking		x	x		Nausea			x	x	Word Recall	x	x	x	x	x	x					
Aching	x		x	x	x	x	Deep Red	x			x	Soreness	x	x	x	x	Vomiting			x	x	Mathematics	x	x	x	x	x	x						
Allodynia	x	x	x	x	x		Mottling	x	x		x	Spasming	x		x	x	Indigestion	x		x	x	Fatigue	x	x	x	x	x	x						
Hyperalgesia	x	x	x	x	x	x	Numbness	x	x	x	x	Stiffness	x	x	x	x	Cramping	x		x	x	Brain Fog	x	x	x		x	x						
Migraine	x	x	x		x	x	Tingling / Pins	x	x	x		Strained	x		x		Welding			x	x	Short Memory	x	x	x	x	x	x						
Tinnitus	x				x		Throbbing	x			x	Trigger Points	x	x	x	x	Stabbing			x	x	Long Memory	x	x	x	x	x	x						
Sound Sensitivity					x		Fluttering					Twitching	x		x	x	Burning			x		Response Lag	x	x				x						
Smell Sensitivity		x					Rapid Pulse			x		Deep	x	x	x	x	Bloating			x	x	Body Distortion	x	x		x	x	x						
Taste Sensitivity		x			x		Slow Pulse					Surface		x	x	x	Painful Gas			x	x	Overstimulated	x	x		x		x						
Light Sensitivity	x	x	x		x		Chest Pain			x		Slack / Atonia	x			x	Constipation					Mindfully Aware			x	x								
Eye Pain	x				x	x	Chest Tightness					Collapse				x	Diarrhea			x	x	Stayed Calm			x	x								
Dry Eye	x	x			x		Chest Pressure										Shed Gut Lining			x	x	Dissociate Long	x				x	x						
Visual Snow	x	x	x	x	x	x	Dizziness			x							Urgency			x	x	Hard to be Calm		x										
							Feeling Faint				x						Frequency			x	x	Lash Out		x			x	x						
							Fainted													5	6	9	PTSD Attack				x	x						
							Vascular Ulcer															Nightmares	x	x	x		x	x						
Skeletal							Skin & Sweat							Reproductive							Urinary							Endocrine						
Acid Bones	x		x	x	x		Cold to Touch	x	x	x	x	x	Burning	x			x	Kidneys			x	SNS Strike	x	x	x		x	x						
Thin Bones	x	x	x	x	x	x	Hot to Touch	x	x	x	x	x	Pelvic Pain			x	x	Burning			x	x	Fight Reflex		x									
Heavy Bones		x			x		Sweating	x				Intimacy Pain			x		Cloudy					Flight Reflex			x		x							
Crushed Bones	x	x		x	x	x	Dry	x	x	x	x	Cramping				x	Off Color			x		Freeze Reflex	x				x							
Grinding Bones				x		x	Cracking	x			x	Bloating			x	x	Urgency	x		x	x	Fawn Reflex		x			x							
Squeak Connect				x		x	Hair Changes	x	x	x	x	Menstruating					Partial Void	x	x	x	x	Mood Swings	x	x		x	x	x						
Stretch Connect							Rash					Craving				x	Incontinence	x			x	Crying		x			x							
Stiff Connect	x	x		x		x	Itchy	x			x	UTI / STI Flare					Frequency	x	x	x	x	Insomnia	x	x		x	x							
Joint Pain	x	x	x	x	x	x	Nail Issues	x	x	x	x									10	11	15	20	9	Disrupted Sleep	x	x	x						
Dislocate / Sublux		x				x																												
Mood State							Lymphatic							Respiratory							Weather							Treatment						
Anxious	x	x	x	x	x	x	Swelling	x			x	Short of Breath	x	x		x	Pressure Change					Heat Therapy	x	x	x	x		x						
Critical	x	x	x	x		x	Inflamed Nodes					Coughing					Cold Front					Physical Therapy	x	x	x		x							
Depressed	x			x		x	Hard Tight Skin				x	Wheezing					Heat Wave					Reflex Integration	x		x		x							
Irritable	x			x		x						Asthma Attack					Snow / Rain					Lymphatic Drain	x	x	x		x							
Numb Emotions		x	x		x	x						Allergy Attack					High Humidity					Medication	x	x	x	x	x	x						
Suicidal / Ideation	x			x																														

Notes