

contender's CRPS Symptom Tracker																																								
Day							Day							Day							Day							Day												
Nervous							Cardiovascular							Muscular							Digestive							Cognitive												
Burning	7	9	8	9	8	7	7	Bluish	4	4	4	8	6	2	4	Aching	7	2	5	6	4	2	5	Lack of Appetite	5	5	5	Dysexecutive	2	2	2	3	8	8	6					
Stabbing	5	6	4	5	5	5	5	Purplish	4	4	5	7	4	5	5	Bruising	5	5	5	5	6	6	7	Reactive to Food	8	8	8	Comprehension	4	4	6	5	4	4	4					
Shooting	5	5	5	4	4	6	2	Gray	5	5	5	5	6	6	7	Compression	5	5	5	5	6	6	7	Reactive to Food	8	8	8	Concentrate	4	4	4	4	4	4	4					
Stinging	4	6	4	5	6	4	3	Pale	5	4	4	4	Cramping	4	4	5	6	6	6	6	6	6	Early Saitey	7	6	6	Focus	3	3	3	3	3	3	3						
Tingling	3	7	4	3	4	4	6	Blush Pink	8	2	2	2	Dystonia	3	3	3	3	3	3	3	3	3	Acid Reflux	5	5	5	Multitasking	6	5	4	6	5	4	5						
Pricking	5	5	5	5	5	5	5	Bright Red	6	7	7	6	Shaking	6	6	6	6	6	6	6	6	6	Nausea	6	6	6	Word Recall	7	6	6	7	7	7	6						
Aching	4	5	5	5	5	5	5	Deep Red	7	5	5	5	Soreness	4	4	4	4	4	4	4	4	4	Vomiting	4	4	4	Mathematics	8	8	8	8	6	5	8						
Allodynia	8	6	7	1	6	8	6	Mottling	6	6	6	6	6	6	7	Spasming	5	5	5	5	5	5	Indigestion	4	3	6	5	4	3	Fatigue	7	7	7	7	7	7	7			
Hyperalgesia	5	6	7	8	6	8	8	Numbness	5	2	4	6	5	5	5	Stiffness	4	4	4	4	4	4	Cramping	5	6	4	4	2	Brain Fog	6	5	6	6	6	5					
Migraine	5	5	5	5	5	5	5	Tingling / Pins	6	6	6	6	6	6	6	Strained	2	2	2	2	2	2	Welding	8	3	3	Short Memory	5	6	4	8	8	4	5						
Tinnitus	3	3	3	3	3	3	3	Throbbing	5	5	5	5	Trigger Points	6	6	6	6	6	6	6	6	6	Stabbing	7	6	6	Long Memory	8	6	2	3	5	4	2						
Sound Sensitivity	2	2	2	2	2	2	2	Fluttering	4	4	4	4	Twitching	5	5	5	5	5	5	5	5	5	Burning	7	6	6	Response Lag	2	2	2	2	2	2	2						
Smell Sensitivity	1	1	2	1	1	1	1	Rapid Pulse	6	6	6	6	Deep	5	6	5	8	8	8	8	8	8	Bloating	4	5	3	4	Body Distortion	1	1	8	7	2	3	5					
Taste Sensitivity	5	8	1	1	1	1	1	Slow Pulse	2	4	4	4	Surface	8	6	4	4	4	4	4	4	4	Painful Gas	4	4	4	Overstimulated	8	6	4	4	4	4	4						
Light Sensitivity	8	8	8	8	8	8	8	Chest Pain	4	4	4	4	Slack / Atonia	4	4	4	4	4	4	4	4	4	Constipation	4	4	4	Mindfully Aware	4	5	5	5	5	5	5						
Eye Pain	4	3	8	4	4	4	4	Chest Tightness	3	3	3	3	Collapse	3	3	3	3	3	3	3	3	3	Diahrrea	5	5	5	6	7	6	Stayed Calm	4	8	8	8	8	8	8			
Dry Eye	2	2	2	2	2	2	2	Chest Pressure	3	3	3	3	UTI / STI Flare	3	3	3	3	3	3	3	3	3	Shed Gut Lining	5	5	8	4	6	3	3	Dissociate Long	8	4	6	6	6	6	6		
Visual Snow	3	4	4	4	4	4	4	Dizziness	5	5	5	5	Urgency	5	9	7	5	5	5	5	5	5	Frequency	1	8	11	1	5	3	0	Lash Out	4	4	4	4	4	4	4		
								Feeling Faint																																
								Fainted																																
								Vascular Ulcer																																
Skeletal							Skin & Sweat							Reproductive							Urinary							Endocrine												
Acid Bones	8	8	8	8	8	8	8	Cold to Touch	4	4	5	4	4	5	4	Burning	5	5	5	5	5	5	Kidneys	5	5	5	SNS Strike	8	8	8	8	8	8	8	8	8	8	8		
Thin Bones	4	4	4	4	4	4	4	Hot to Touch	6	2	2	2	Pelvic Pain	5	5	5	5	5	5	5	5	5	Burning	5	2	7	Fight Reflex	8	8	8	8	8	8	8	8	8	8	8	8	
Heavy Bones	5	5	5	5	5	5	5	Sweating	4	2	2	2	Intimacy Pain	5	5	5	5	5	5	5	5	5	Cloudy	5	5	5	Flight Reflex	5	5	5	5	5	5	5	5	5	5	5	5	
Crushed Bones	5	5	5	5	5	5	5	Dry	4	4	4	4	Cramping	5	5	5	5	5	5	5	5	5	Off Color	5	5	5	Freeze Reflex	8	6	4	4	4	4	4	4	4	4	4	4	
Grinding Bones	6	6	6	6	6	6	6	Cracking	3	3	3	3	Bloating	5	5	5	5	5	5	5	5	5	Urgency	5	6	5	Fawn Reflex	5	5	5	5	5	5	5	5	5	5	5	5	
Squeak Connect	4	8	9	9	9	9	9	Hair Changes	2	2	2	2	Menstruating	5	5	5	5	5	5	5	5	5	Partial Void	5	5	5	Mood Swings	5	4	5	6	5	5	5	5	5	5	5	5	
Stretch Connect	4	4	4	4	4	4	4	Rash	5	5	5	5	Craving	7	7	7	7	7	7	7	7	7	Incontinence	7	7	7	Crying	5	2	2	2	2	2	2	2	2	2	2	2	
Stiff Connect	4	4	4	4	4	4	4	Itchy	5	5	5	5	UTI / STI Flare	6	21	12	9	9	9	9	9	9	Frequency	6	21	12	9	Insomnia	5	7	6	5	6	6	6	6	6	6	6	
Joint Pain	6	5	6	8	4	4	4	Nail Issues	3	3	3	3	Disrupted Sleep	1	7	3	4	5	6	4	4	4																		
Dislocate / Sublux	5	8	8	8	8	8	8																																	
Mood State							Lymphatic							Respiratory							Weather							Treatment												
Anxious	3	3	3	3	8	8	3	Swelling	4	6	5	5	Short of Breath	4	2	1	1	1	1	1	1	1	Pressure Change	4	4	4	Heat Therapy	4	4	4	4	4	4	4	4	4	4	4	4	
Critical	7	2	2	2	2	2	2	Inflamed Nodes	2	2	2	2	Coughing	2	2	2	2	2	2	2	2	2	Cold Front	2	2	2	Physical Therapy	2	2	2	2	2	2	2	2	2	2	2	2	2
Depressed	2	2	8	8	8	8	8	Hard Tight Skin	2	1	3	3	Wheezing	2	2	2	2	2	2	2	2	2	Heat Wave	2	2	2	Reflex Integration	2	2	2	2	2	2	2	2	2	2	2	2	2
Irritable	1	1	5	8	7	1	1						Asthma Attack	3	3	3	3	3	3	3	3	Snow / Rain	3	3	3	Lymphatic Drain	3	3	3	3	3	3	3	3	3	3	3	3	3	
Numb Emotions	6	6	6	6	6	6	6						Allergy Attack	6	6	6	6	6	6	6	6	6	High Humidity	6	6	6	Medication	6	6	6	6	6	6	6	6	6	6	6	6	6
Suicidal / Ideation	7	3	3	3	3	3	3																																	

Notes