

contender's CRPS Symptom Tracker																			
Day				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				Flare Location			
Anxious				Swelling				Short of Breath				Pressure Change				Primary Limb			
Critical				Inflamed Nodes				Coughing				Cold Front				Opposite Limb			
Depressed				Hard Tight Skin				Wheezing				Heat Wave				Torso/Core			
Irritable								Asthma Attack				Snow / Rain				One Side Body			
Numb Emotions								Allergy Attack				High Humidity				Whole Body			
Suicidal / Ideation																			

Notes