Seroctin Progress Chart



Fill out week #1 BEFORE beginning supplementation

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- Rate each symptom in the following manner:
- 0 = No Trouble
- 1 = Mildly Troublesome
- 2 = Moderately Troublesome
- 3 = Severely Troublesome

	A CON	Nec.	Nec.	Neci	Nec.	Neci	X-1	
Stress								
Agitation								
Feeling Blue								
Excess Worry								
Phobias								
Panic Attacks								
Anxious/Nervous								
Irritibilitiy/Anger								
Impatience								
Hyperactive								
Indecisive								
Confusion								
Crying Spells								
Memory Lapse								
Lack of Focus								
Trouble Getting To Sleep								
Trouble Staying Asleep								
Difficulty Waking Up								
Tired Most Of The Time								
Lack of Endurance								
Loss Of Pleasure/Interest								
TOTAL SCORE								

	Mec	Merei	Mech	Mech	Merci	Mech	Mee	× o
Chest Pain / Tightness								
Swelling (Feet, Legs, Hands)								
Cold Hands & Feet								
Sweaty Palms								
TOTAL SCORE								

GASTROINTESTINAL	Mec	Merer 1	Mec	Meci	Mec	Meci	Nec	× o
Chest Pain / Tightness								
Swelling (Feet, Legs, Hands)								
Cold Hands & Feet								
Sweaty Palms								
TOTAL SCORE								

WOMEN ONLY



Loss Of Libido				
Headache				
Irritibility/Anger				
Depression				
Impatience				
Emotional Fatigue				
Physical Fatigue				
Angry Outbursts				
TOTAL SCORE				