

0= nothing 1= barely noticeable 3= noticeable but not bothersome 5= noticeable but not too bothersome 7=noticeable and very bothersome 10= very bothersome and thought consuming

Date	Dizziness	Pressure	Trampoline	Activities (day before)	Amount of sleep (night before)	VT (day before)	Trigger foods day before?	Amount stress day before (panic, studying, crying, etc.)
Oct 24				-class -nap			-some fries/chips	2
Oct 25								
Oct 26								
Oct 27								
Oct 28								
Oct 29								
Oct 30								

Amount of Stress (day before); 0=none 1= don't feel affected at all 3= some external stress/thoughts 5= worrisome thoughts 7= crying attack 10=panic attack or extreme worrying all day

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Date	Dizziness	Pressure	Trampol-ine	Activities (day before)	Amount of sleep (night before)	VT (day before)	Trigger foods day before?	Amount stress day before (panic, studying, crying, etc.)
Oct 31								
Nov 1								
Nov 2								
Nov 3								
Nov 4								
Nov 5								
Nov 6								

Amount of Stress (day before); 0=none 1= dont feel affected at all 5= worrisome thoughts 7= crying attack 10=panic attack or extreme worrying all day