



## TRACKING YOUR SHIFTS: THE ONE HUNDRED

**NAME:**

**DATE:**

**SESSION#:**

**PRE/ONGOING/POST**

Please check off any item that represents how you are feeling so you can track brain perception following your use of NeurOptimal. If you are unsure, use the past week as your guide. It's fine to add comments if you wish. Please note that NeurOptimal does not diagnose, treat, mitigate or cure any disease, disorder or abnormal physical state. The checklist is provided for tracking and reference purposes only. If you require a diagnosis or treatment for any of the below feelings, you should seek medical advice.

### IMMUNE SYSTEM

1. Itchy or irritated, nose sneezing
2. Wheezing
3. Catch cold too often
4. Run down
5. Tired

### SLEEP

6. Awake too when you go to bed
7. Waking up during the night
8. Waking up before you want to
9. Difficult to wake up in morning
10. Bad dreams
11. Difficulty breathing at night
12. Out of bed but not knowing how you got there

### SKIN/HAIR/NAILS

13. Skin difficult to manage
14. Hair weaker or less lustrous than you'd like
15. Nails weak, flaking or tearing

### EYES

16. Blurry vision at times
17. Areas where you can't see anything
18. Spots floating in front of you

### EAR/NOSE/THROAT

19. Difficult to hear
20. Ringing in your ears
21. Ears hurt inside
22. Smells seem different or lost
23. Nose gets blocked
24. Grinding your teeth
25. Things taste different
26. Voice hoarse or sore

### HEART/LUNGS

27. Can't get enough air
28. Heart too fast or jumpy
29. Pulsing or throbbing in your head
30. Heart skips a beat
31. World spinning around you

### INTESTINES

32. Might throw up
33. Tummy hurts
34. Gassy, bloated

35. Sensitive digestion
36. Upset stomach
37. Difficulty going to the bathroom

### HORMONAL/BLOOD

38. Eat when not hungry, or not feeling hungry
39. Trouble eating sweets
40. Urges to eat sweet things
41. Sensitive to heat or cold
42. Slowed down or speeded up
43. Moody at certain times of the month
44. Hot flashes
45. Problems from being of a "certain age"

46. Not interested in your partner

47. Too interested in your partner or other people?

### BONES/JOINT/MUSCLES

48. Stiff and sore
49. Areas that really hurt when touched
50. Muscles hurt
51. Fatigued
52. Pains in your head
53. Going to pass out
54. Lose consciousness
55. Difficult to remember things
56. Difficult to find your words
57. Difficulty reading
58. Difficult to speak sometimes?

59. Shaky

60. Weak

61. Too active

62. Can't balance on one leg

63. Moving your head or saying words you don't intend

### COGNITION

64. Difficulty paying attention
65. Easily distracted

66. Make a lot of mistakes

67. Disorganized

68. Difficult to complete tasks

69. Lose your train of thought

70. Difficult to complete studies or work

71. Get into trouble at school or work

72. Mix up numbers or letters sometimes

73. Difficult to know how things fit together

74. Difficulty with some subjects

### BOWEL/BLADDER

75. Need to go to the bathroom but hard to start

76. Lose your urine sometimes

77. Difficult to control going to the toilet

78. Stinging sensations when going to the bathroom

### HABITS

79. Drink too much sometimes

80. Smoke cigarettes

81. Concerns about eating

82. Need caffeine to get going

83. Enjoy marijuana

84. Habits that concern you

### BEHAVIOR/EMOTIONS

85. Moody

86. Feeling low or flat

87. Feel sad

88. Concerned about things

89. Feel terrified sometimes

90. Mull about things

91. Thoughts you'd like to stop but can't

92. Need to do things over and over

93. Eat more food than you can comfortably eat

94. Careful to never eat too much

95. Make yourself throw up

96. Difficult to do things you'd like to do

97. Others are against you

98. Get into trouble for your behavior

99. Feeling angry

100. Overwhelmed