

<b>Sign/Symptom</b>	<b>Possible Why</b>	<b>Data to Track</b>	<b>Testing to Consider</b>
<b>Poop</b>			
<b>Skin</b>			
<b>Sweat</b>			
<b>Aches/Pains</b>			
<b>Hunger/ Cravings</b>			
<b>Sleep</b>			
<b>Mood</b>			
<b>Cognition</b>			
<b>Libido</b>			