

Issue	Possible Quantifiable Data	Personal Notes
Diarrhea /constipation	<ul style="list-style-type: none"> -# of times /day or week you go and consistency -Meal eaten directly before diarrhea episode -Grams of fiber eaten per day -Ounces of water consumed daily 	
Eczema	<ul style="list-style-type: none"> -Location and size of the patches -Pictures of said patches after removing one food group for a month -Improvement or not with changes to skin creams -Seasonality of it 	
Stinky sweat	<ul style="list-style-type: none"> -Meals eaten prior to noticing smell -Ounces of water consumed daily -Changes after switching deodorant 	
Chronic neck pain	<ul style="list-style-type: none"> -Changes when adjustments are made to computer setup -How many hours per day using gadgets -Improvements after massage or PT -Changes from new pillow or sleeping position 	
Middle of the night hunger / cravings	<ul style="list-style-type: none"> -Dinner preceding -Perceived stress level day before or impending -Temperature of room -Menstrual cycle phase -Seasonality -Blood sugar levels 	
Hard time falling asleep	<ul style="list-style-type: none"> -Exposure to blue light in hours preceding bedtime -Caffeine intake and timing -Alcohol intake and timing -Quality and timing of dinner -Perceived stress -Exposure to nature /natural sunlight -Heart rate variability (HRV) 	
Quick temper, even without provocation	<ul style="list-style-type: none"> -Blood sugar levels -Hormone levels -Quality and timing of meals prior -Menstrual cycles -Exposure to nature /natural sunlight 	
Foggy thinking, especially in afternoon	<ul style="list-style-type: none"> -Lunch consumed prior -Caffeine consumption prior -Quality of sleep night before -Exposure to natural light -Exercise that day -Digestive issues 	
Rarely any libido	<ul style="list-style-type: none"> -Recent blood work with information on cholesterol and sex hormones -Sleep quality on average -Changes in diet -Regular exercise 	