

# SIGNS AND SYMPTOMS DETOX CHECKLIST

- 0 Never
- 1 Occasionally mild symptoms
- 2 Occasionally severe symptoms
- 3 Frequently mild symptoms
- 4 Frequently severe symptoms

Use this checklist to compare the way you feel pre- and post-detox!

## HEAD:

PRE-DETOX	POST-DETOX
___ Headache	___ Headache
___ Faintness	___ Faintness
___ Dizziness	___ Dizziness
___ Insomnia	___ Insomnia
___ Subtotal	___ Subtotal

## WEIGHT:

PRE-DETOX	POST-DETOX
___ Binge eating	___ Binge eating
___ Cravings	___ Cravings
___ Excessive weight	___ Excessive weight
___ Struggling with weight	___ Struggling with weight
___ Subtotal	___ Subtotal

## SKIN:

PRE-DETOX	POST-DETOX
___ Acne	___ Acne
___ Dry Skin	___ Dry Skin
___ Subtotal	___ Subtotal

## MIND:

PRE-DETOX	POST-DETOX
___ Poor Memory	___ Poor Memory
___ Confusion/poor comprehension	___ Confusion/poor comprehension
___ Poor concentration	___ Poor concentration
___ Difficulty in making decisions	___ Difficulty in making decisions
___ Stuttering/stammering	___ Stuttering/stammering
___ Subtotal	___ Subtotal

## JOINTS AND MUSCLES:

PRE-DETOX	POST-DETOX
___ Pain and aches in joints	___ Pain and aches in joints
___ Stiffness and limited movement	___ Stiffness and limited movement
___ Muscle pain	___ Muscle pain
___ Muscle weakness	___ Muscle weakness
___ Subtotal	___ Subtotal

## EMOTIONS:

PRE-DETOX	POST-DETOX
___ Mood swings	___ Mood swings
___ Anxiety	___ Anxiety
___ Nervousness	___ Nervousness
___ Anger/Irritable	___ Anger/Irritable
___ Subtotal	___ Subtotal

## ENERGY:

PRE-DETOX	POST-DETOX
___ Fatigue	___ Fatigue
___ Apathy/Lethargy	___ Apathy/Lethargy
___ Restlessness	___ Restlessness
___ Subtotal	___ Subtotal