

Clearriverblu Herbs and Acupuncture
Address: 332 Washington Street, STE280
Wellesley, MA 02481

Phone: 508-330-0040

Website: www.joybaitcm.com, www.CCHMAA.com

Email: joybai@joybaitcm.com

Name:

Date:

Change of main Symptoms:

Forehand Temperature: is it cooler than the hands?

Hands temperature:

Feet Temperature:

BM:

frequency
consistency
color

Urination

frequency
color

Appetite:

Sleeping:

fall into sleep
stay at sleep
Wake up at night?

well rested in the morning?

Thirst:

 fFeel thirsty?

 Abnormal?

 Normal

 likes: cold or warm drinks?

Tongue: Body Color:

 Coating thickness and color

Other Changes: