

Symptom Examples:

- Headache
- Nausea
- Concentration difficulties
- Attention difficulties
- Memory issues
- Fatigue
- Body pain

SYMPTOM

(I have a symptom, e.g. headache)

ABLE

(I am able to do what I want to do)

100% ABLE

(I am able to do what I want to do at 100%)

GREEN



YELLOW



RED



USE RESCUE MEDICATION