

Symptom Checklist and Progress Log

To assess how earthing may be helping you, list any common symptoms you have in the column on the left. In the second column, make a note of the severity of the problem. If the symptom is pain, for instance, rate the pain on a scale of 0 to 10 – with 10 being the highest and 0 being the lowest. Then rate the condition or symptom at progressive intervals. You may like to do this with your other medications as well.

Example:

Condition/ Symptom <i>Commenced 1.1.17</i>	Pre-Earthing	1 Week after Earthing	1 Month after Earthing	3 Months after Earthing
Wake several times during the night	8	5	2	0
Pain in lower back	10	5	5	1
General Well-being	9	5	3	1

Condition/ Symptom Commenced: _____	Pre-Earthing	1 Week after Earthing	1 Month after Earthing	3 Months after Earthing

