

Health-Report Form (Self checklist for health condition) Page 1

from 7/9 - 7/14

Name (_____) Age (_____) Sex (Male · Female)

Nationaloty (_____)

Date	7/9 (Thu)	7/10 (Fri)	7/11 (Sat)
Morning	body temperature () °C	body temperature () °C	body temperature () °C
	nasal discharge (+ , -)	nasal discharge (+ , -)	nasal discharge (+ , -)
	sore throat (+ , -)	sore throat (+ , -)	sore throat (+ , -)
	chill (+ , -)	chill (+ , -)	chill (+ , -)
	cough (+ , -)	cough (+ , -)	cough (+ , -)
	difficulty breathing (+ , -)	difficulty breathing (+ , -)	difficulty breathing (+ , -)
	nausea (+ , -)	nausea (+ , -)	nausea (+ , -)
	diarrhea (+ , -)	diarrhea (+ , -)	diarrhea (+ , -)
	other symptoms ()	other symptoms ()	other symptoms ()
Evening	body temperature () °C	body temperature () °C	body temperature () °C
	nasal discharge (+ , -)	nasal discharge (+ , -)	nasal discharge (+ , -)
	sore throat (+ , -)	sore throat (+ , -)	sore throat (+ , -)
	chill (+ , -)	chill (+ , -)	chill (+ , -)
	cough (+ , -)	cough (+ , -)	cough (+ , -)
	difficulty breathing (+ , -)	difficulty breathing (+ , -)	difficulty breathing (+ , -)
	nausea (+ , -)	nausea (+ , -)	nausea (+ , -)
	diarrhea (+ , -)	diarrhea (+ , -)	diarrhea (+ , -)
	other symptoms ()	other symptoms ()	other symptoms ()

Date	7/12 (Sun)	7/13 (Mon)	7/14 (Tue)
Morning	body temperature () °C	body temperature () °C	body temperature () °C
	nasal discharge (+ , -)	nasal discharge (+ , -)	nasal discharge (+ , -)
	sore throat (+ , -)	sore throat (+ , -)	sore throat (+ , -)
	chill (+ , -)	chill (+ , -)	chill (+ , -)
	cough (+ , -)	cough (+ , -)	cough (+ , -)
	difficulty breathing (+ , -)	difficulty breathing (+ , -)	difficulty breathing (+ , -)
	nausea (+ , -)	nausea (+ , -)	nausea (+ , -)
	diarrhea (+ , -)	diarrhea (+ , -)	diarrhea (+ , -)
	other symptoms ()	other symptoms ()	other symptoms ()
Evening	body temperature () °C	body temperature () °C	body temperature () °C
	nasal discharge (+ , -)	nasal discharge (+ , -)	nasal discharge (+ , -)
	sore throat (+ , -)	sore throat (+ , -)	sore throat (+ , -)
	chill (+ , -)	chill (+ , -)	chill (+ , -)
	cough (+ , -)	cough (+ , -)	cough (+ , -)
	difficulty breathing (+ , -)	difficulty breathing (+ , -)	difficulty breathing (+ , -)
	nausea (+ , -)	nausea (+ , -)	nausea (+ , -)
	diarrhea (+ , -)	diarrhea (+ , -)	diarrhea (+ , -)
	other symptoms ()	other symptoms ()	other symptoms ()

Health-Report Form (Self checklist for health condition) Page 2

from 7/15 - 7/19

Name (_____) Age (_____) Sex (Male · Female)

Nationaloty (_____)

Date	7/15 (Wed)	7/16 (Thu)	7/17 (Fri)
Morning	body temperature () °C	body temperature () °C	body temperature () °C
	nasal discharge (+ , -)	nasal discharge (+ , -)	nasal discharge (+ , -)
	sore throat (+ , -)	sore throat (+ , -)	sore throat (+ , -)
	chill (+ , -)	chill (+ , -)	chill (+ , -)
	cough (+ , -)	cough (+ , -)	cough (+ , -)
	difficulty breathing (+ , -)	difficulty breathing (+ , -)	difficulty breathing (+ , -)
	nausea (+ , -)	nausea (+ , -)	nausea (+ , -)
	diarrhea (+ , -)	diarrhea (+ , -)	diarrhea (+ , -)
	other symptoms ()	other symptoms ()	other symptoms ()
Evening	body temperature () °C	body temperature () °C	body temperature () °C
	nasal discharge (+ , -)	nasal discharge (+ , -)	nasal discharge (+ , -)
	sore throat (+ , -)	sore throat (+ , -)	sore throat (+ , -)
	chill (+ , -)	chill (+ , -)	chill (+ , -)
	cough (+ , -)	cough (+ , -)	cough (+ , -)
	difficulty breathing (+ , -)	difficulty breathing (+ , -)	difficulty breathing (+ , -)
	nausea (+ , -)	nausea (+ , -)	nausea (+ , -)
	diarrhea (+ , -)	diarrhea (+ , -)	diarrhea (+ , -)
	other symptoms ()	other symptoms ()	other symptoms ()

Date	7/18 (Sat)	7/19 (Sun)	/ (extra)
Morning	body temperature () °C	body temperature () °C	body temperature () °C
	nasal discharge (+ , -)	nasal discharge (+ , -)	nasal discharge (+ , -)
	sore throat (+ , -)	sore throat (+ , -)	sore throat (+ , -)
	chill (+ , -)	chill (+ , -)	chill (+ , -)
	cough (+ , -)	cough (+ , -)	cough (+ , -)
	difficulty breathing (+ , -)	difficulty breathing (+ , -)	difficulty breathing (+ , -)
	nausea (+ , -)	nausea (+ , -)	nausea (+ , -)
	diarrhea (+ , -)	diarrhea (+ , -)	diarrhea (+ , -)
	other symptoms ()	other symptoms ()	other symptoms ()
Evening	body temperature () °C	body temperature () °C	body temperature () °C
	nasal discharge (+ , -)	nasal discharge (+ , -)	nasal discharge (+ , -)
	sore throat (+ , -)	sore throat (+ , -)	sore throat (+ , -)
	chill (+ , -)	chill (+ , -)	chill (+ , -)
	cough (+ , -)	cough (+ , -)	cough (+ , -)
	difficulty breathing (+ , -)	difficulty breathing (+ , -)	difficulty breathing (+ , -)
	nausea (+ , -)	nausea (+ , -)	nausea (+ , -)
	diarrhea (+ , -)	diarrhea (+ , -)	diarrhea (+ , -)
	other symptoms ()	other symptoms ()	other symptoms ()