

Ernährungs- & Symptom Tracker

MONAT:

The figure shows a horizontal dot matrix scale from 1 to 31. The y-axis on the left has numbers 1, 2, 3, and 4. The x-axis at the bottom has numbers 1 through 31. Each number is preceded by a vertical line and followed by a horizontal line. Dots are placed along these lines to indicate intensity levels. A legend on the right maps dot counts to severity levels: 1 dot = LEICHT, 2 dots = MITTEL, 3 dots = STARK, and 4 dots = SEHR STARK.

| Dot Count | Severity Level |
|-----------|----------------|
| 1 | LEICHT |
| 2 | MITTEL |
| 3 | STARK |
| 4 | SEHR STARK |

| SYMPTOM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 4 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 3 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 2 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| 1 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | II | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| SYMPTOM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----------|--------------|--|
| 4 | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | 4 SEHR STARK | |
| 3 | • | • | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 3 STARK | |
| 2 | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | 2 MITTEL | | |
| 1 | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | 1 LEICHT | | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |

