



# Hydrogen Therapy Tracker

**EXAMPLE**

Date 4 August 2024 Duration of Session 30 minutes

## Pre session evaluation

Energy

Sleep Quality

Poor			Good				Excellent			
1	2	3	4	5	6	7	8	9	10	
1	2	3	4	5	6	7	8	9	10	

## Detoxification Symptoms



Headaches



Diarrhea



Fatigue



Nausea



Stiffness



Achiness



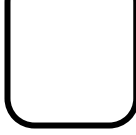
Disrupted Sleep



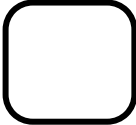
Loss of Appetite



Flaring up of existing health symptoms



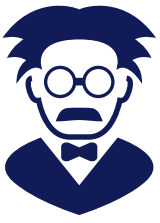
Dull ache lower back



	Mild	Moderate				Severe			
1	2	3	4	5	6	7	8	9	10
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1	2	3	4	5	6	7	8	9	10
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1	2	3	4	5	6	7	8	9	10
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1	2	3	4	5	6	7	8	9	10
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## Notes

I noticed some mild detox symptoms, yet sleep quality has improved, woke up feeling more positive



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Duration of Session

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Poor

Good

Excellent

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## Detoxification Symptoms



Mild

Moderate

Severe

Headaches

Diarrhea

Fatigue

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Achiness

Disrupted Sleep

Loss of Appetite

Flaring up of existing health symptoms

Dull ache lower back

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## Notes