Morning-After Inventory

Fill this in four times: Chapter 1, Chapter 4, the second week of January (Chapter 14), and the end of January. Numbers in brackets are chapters. Mark each box with one symbol: ○ **Wipe it down** (goes on its own; the basics are enough), ▲ **Keep an eye on it** (watch for a week or two; if no better, ask a doctor), ■ **Call a professional** (see a doctor, or call emergency services for urgent signs).

Room	Prompt	1st	2nd	3rd	Last
1. Head after drinking (5)	Heavy head, nausea, shaky hands?				
2. Heart (6)	Racing, irregular, tight chest?				
3. Stomach and joints (7)	Night heartburn? Painful joint?				
4. The scale (8)	How much heavier than before?				
5. Body clock (9)	Shifted sleep? Tired anyway?				
6. Liver and drinking (10)	Any morning you needed a drink?				
Date					

Second time: next to the mark for each room at ▲ or ■, write the start date and an arrow: ↓ getting better, → the same, ↑ worse.

My reading order: Ch. ____, ____, ____