

		Date														
		Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>Metabolism</b>	BBT															
	Weight															
	Energy?															
	Fluid where not wanted															
<b>Gut</b>	Bowels daily?															
	Comfortable digestion?															
	Heartburn etc?															
	Medication needed?															
<b>Sleeping</b>	Easy to sleep?															
	Asleep all night?															
	Awaken happily?															
	Pee how many times?															
	Hot feet out of covers at night															
	Tooth grinding															
	Snoring															
<b>General</b>	Lower back ache?															
	Aches and pains?															
	Mood															
	Stress/tension?															
	Head clear, easy to think															
	Memory fine															
	Feel sane															
<b>Sex</b>	Feel like sex?															
	Enough lubrication naturally															
	Orgasm easily															
	Painful sex															

## Women's Jing Markers

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		Date														
		Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>Blood energy quality</b>	Fingernails strong, grow fast															
	Complexion – clear or pimples															
	Head hair lustrous, growing well															
	Greying/full colour															
	Teeth - strong, white, healthy															
<b>Miscellaneous</b>	Gums healthy															
	Hemorrhoids															
	Varicose veins															
	Prolapses															
<b>Periods</b>	Regular															
	Flow length															
	Pain															
	Colour															
	Discharges															
<b>Eyes</b>	Clear,															
	Vision good															
	Dry, red, irritated															
<b>Additional</b>																