WEEKLY DIARY OF PREGNANCY SICKNESS

Does eating make your symptoms

Better
Worse
No Difference

Are your sickness symptoms vs last week

Better
Worse

Date	Day from LMP	PLEASE PUT 'N' IN BOXES FOR NAUSEA AND 'V' WHERE VOMITING OR FORCIBLE WRETCHING OCCURS ON ANY DAY (example shown below)	Hours of nausea per day	No. of times vomitted or retched per day	Changes that have helped
		6-30 am 7-30 8-30 9-30 10-30 11-30 12-30 pm 1-30 2-30 3-30 4-30 5-30 6-30 7-30 8-30 9-30 10-30 11-30 12-30 am 1-30 2-30 3-30 4-30 5-30			
		Nausea: n n n n Sickness: v	4	1	
		6-7 am 7-8 8-9 9-10 10-11 11-12 12-1 pm 1-2 2-3 3-4 4-5 5-6 6-7 7-8 8-9 9-10 10-11 11-12 12-1 am 1-2 2-3 3-4 4-5 5-6			
		Nausea Sickness	0	0	
		6-7 am 7-8 8-9 9-10 10-11 11-12 12-1 pm 1-2 2-3 3-4 4-5 5-6 6-7 7-8 8-9 9-10 10-11 11-12 12-1 am 1-2 2-3 3-4 4-5 5-6			
		Nausea Sickness	0	0	
		6-7 am 7-8 8-9 9-10 10-11 11-12 12-1 pm 1-2 2-3 3-4 4-5 5-6 6-7 7-8 8-9 9-10 10-11 11-12 12-1 am 1-2 2-3 3-4 4-5 5-6			
		Nausea Sickness	0	0	
		6-7 am 7-8 8-9 9-10 10-11 11-12 12-1 pm 1-2 2-3 3-4 4-5 5-6 6-7 7-8 8-9 9-10 10-11 11-12 12-1 am 1-2 2-3 3-4 4-5 5-6			
		Nausea Sickness	0	0	
		6-7 am 7-8 8-9 9-10 10-11 11-12 12-1 pm 1-2 2-3 3-4 4-5 5-6 6-7 7-8 8-9 9-10 10-11 11-12 12-1 am 1-2 2-3 3-4 4-5 5-6			
		Nausea Sickness	0	0	
		6-7 am 7-8 8-9 9-10 10-11 11-12 12-1 pm 1-2 2-3 3-4 4-5 5-6 6-7 7-8 8-9 9-10 10-11 11-12 12-1 am 1-2 2-3 3-4 4-5 5-6			
		Nausea Sickness	0	0	
		6-7 am 7-8 8-9 9-10 10-11 11-12 12-1 pm 1-2 2-3 3-4 4-5 5-6 6-7 7-8 8-9 9-10 10-11 11-12 12-1 am 1-2 2-3 3-4 4-5 5-6			
		Nausea Sickness	0	0	
			Total	**4**	**1**