Dr. Bartlett (ENT) Dizziness Diary

MONTH 1	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
Length of Attack:																															
Hours																															
Seconds																															
Minutes																															
Symptoms:																															
Spinning																															
Unsteadiness																															
Floating																															
Nausea																															
Ringing in Ear	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R
Pressure in Ear	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R
Hearing Loss	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R

MONTH 2	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
Length of Attack:																															
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Unsteadiness																															
Floating																															
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Ringing in Ear	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R
Pressure in Ear	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R
Hearing Loss	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R

MONTH 3	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
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Ringing in Ear	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R
Pressure in Ear	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R
Hearing Loss	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R

MONTH 4	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
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Ringing in Ear	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R
Pressure in Ear	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R
Hearing Loss	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R	L R