

Weekly Diary of Pregnancy Sickness

Instructions : For each day, please enter the date and then shade in the circles for the hours in which nausea and/or vomiting (including forcible retching) occur. At the end of each day please enter the actual number of occurrences of vomiting or retching for that day in the 'totals' box. If no nausea or vomiting occurs, then simply enter a date, leave all circles unshaded and put '0' in the totals box.
Please answer questions 1 and 2 at the end of every week.

[illegible]

Q1. Does eating make your symptoms ... (put an 'X' in **one** box only)

☐ Better ☐ Worse ☐ No difference

Q2. On a scale of 0 - 10 (where 0 is "Worst possible" and 10 is "The best you felt before pregnancy"), how have your sickness symptoms been this week?

(put an 'X' in one box only)

[illegible]