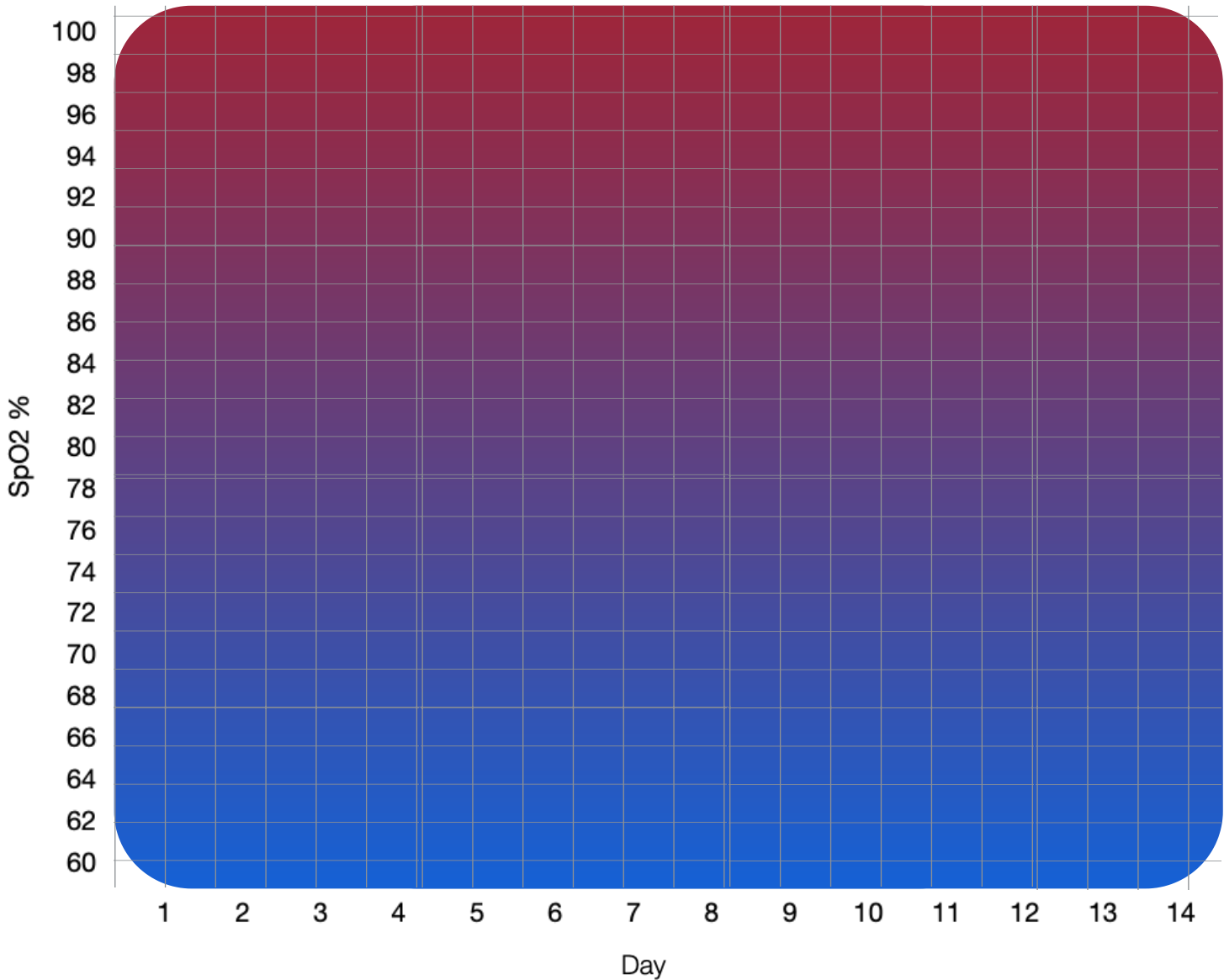


SYMPTOM TRACKER

# JOURNAL

GETNURSED.ORG  
PREPARED; NOT SCARED.

# OXYGENATION TRACKER



If you are having trouble breathing, or noticing a decrease in O2 saturations watch this video:

<https://youtu.be/z2VaS-exhlg>

If your O2 saturation drops below 90% on multiple readings & you are unable to get it to increase after taking deep breaths, & getting into the prone position, contact your provider for further instructions.

Date: \_\_\_\_\_

Day 1

# VIRAL REPLICATION

SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Sneezing			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Fatigue			
• Dizziness			
Fainting			

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

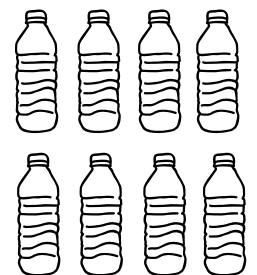
## GOAL:

- Decrease viral presence in the nose & throat
- Increase Bioavailable Vital Nutrients
- Interrupt viral replication
- Eliminate unnecessary inflammatory triggers

## KNIGHTSHYFT AM:

- Vitamin C
- Vitamin D3
- Zinc
- Quercetin
- NAC
- Turmeric-Curcumin

Water only as tolerated



Midnight Honey



Light Activity




Fresh Air



Prayer



## AVOID:

-  Sugar
- High Fructose Corn Syrup
- High Impact Exercise
- Stress & Anxiety

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



Date: \_\_\_\_\_

*Day 2*

# VIRAL REPLICATION

SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Sneezing			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Fatigue			
• Dizziness			
Fainting			

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

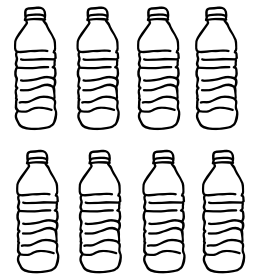
## GOAL:

- Decrease viral presence in the nose & throat
- Increase Bioavailable Vital Nutrients
- Interrupt viral replication
- Eliminate unnecessary inflammatory triggers

## KNIGHTSHYFT AM:

- Vitamin C
- Vitamin D3
- Zinc
- Quercetin
- NAC
- Turmeric-Curcumin

Water only as tolerated



Midnight Honey



Light Activity




Fresh Air



Prayer



## AVOID:

-  Sugar
- High Fructose Corn Syrup
- High Impact Exercise
- Stress & Anxiety

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



Date: \_\_\_\_\_

Day 3

# VIRAL REPLICATION SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Sneezing			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Fatigue			
• Dizziness			
Fainting			

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

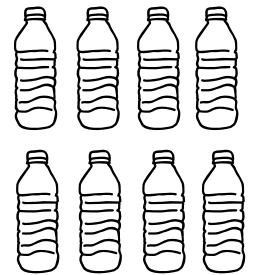
## GOAL:

- Decrease viral presence in the nose & throat
- Increase Bioavailable Vital Nutrients
- Interrupt viral replication
- Eliminate unnecessary inflammatory triggers

## KNIGHTSHYFT AM:

- Vitamin C
- Vitamin D3
- Zinc
- Quercetin
- NAC
- Turmeric-Curcumin

Water only as tolerated



Midnight Honey



Light Activity




Fresh Air



Prayer



## AVOID:

-  Sugar
- High Fructose Corn Syrup
- High Impact Exercise
- Stress & Anxiety

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:





Date: \_\_\_\_\_

Day 4

# VIRAL REPLICATION

SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Sneezing			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Fatigue			
• Dizziness			
Fainting			

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

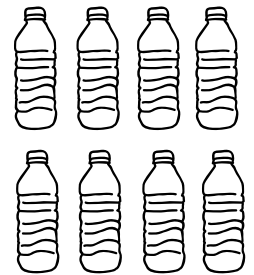
## GOAL:

- Decrease viral presence in the nose & throat
- Increase Bioavailable Vital Nutrients
- Interrupt viral replication
- Eliminate unnecessary inflammatory triggers

## KNIGHTSHYFT AM:

- Vitamin C
- Vitamin D3
- Zinc
- Quercetin
- NAC
- Turmeric-Curcumin

Water only as tolerated



Midnight Honey



Light Activity




Fresh Air



Prayer



## AVOID:

-  Sugar
- High Fructose Corn Syrup
- High Impact Exercise
- Stress & Anxiety

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



Date: \_\_\_\_\_

*Days*

# VIRAL REPLICATION

SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Sneezing			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Fatigue			
• Dizziness			
Fainting			

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

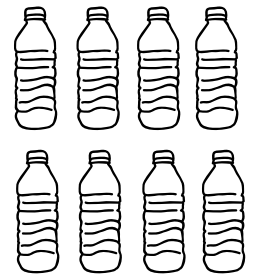
## GOAL:

- Decrease viral presence in the nose & throat
- Increase Bioavailable Vital Nutrients
- Interrupt viral replication
- Eliminate unnecessary inflammatory triggers

## KNIGHTSHYFT AM:

- Vitamin C
- Vitamin D3
- Zinc
- Quercetin
- NAC
- Turmeric-Curcumin

**Water only as tolerated**



**Midnight Honey**



**Light Activity**




**Fresh Air**



**Prayer**



## AVOID:

-  **Sugar**
- High Fructose Corn Syrup**
- High Impact Exercise**
- Stress & Anxiety**

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



Date: \_\_\_\_\_

Day 6

# VIRAL DESTRUCTION

## SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Sneezing			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Fatigue			
• Dizziness			
Fainting			

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

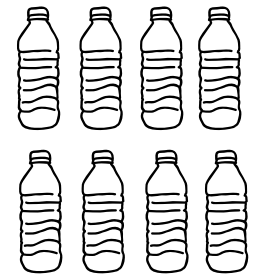
## GOAL:

- Decrease viral presence in the nose & throat
- Increase Bioavailable Vital Nutrients
- Interrupt viral replication
- Eliminate unnecessary inflammatory triggers

## KNIGHTSHYFT AM:

- Vitamin C
- Vitamin D3
- Zinc
- Quercetin
- NAC
- Turmeric-Curcumin

Water only as tolerated



Midnight Honey



Light Activity



Fresh Air



Prayer



## AVOID:



- Sugar
- High Fructose Corn Syrup
- High Impact Exercise
- Stress & Anxiety

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



Date: \_\_\_\_\_

*Day 7*

# VIRAL DESTRUCTION

## SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Sneezing			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Fatigue			
• Dizziness			
Fainting			

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

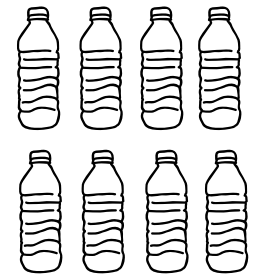
## GOAL:

- Decrease viral presence in the nose & throat
- Increase Bioavailable Vital Nutrients
- Interrupt viral replication
- Eliminate unnecessary inflammatory triggers

## KNIGHTSHYFT AM:

- Vitamin C
- Vitamin D3
- Zinc
- Quercetin
- NAC
- Turmeric-Curcumin

**Water only as tolerated**



**Midnight Honey**



**Light Activity**



**Fresh Air**



**Prayer**



## AVOID:



- Sugar**
- High Fructose Corn Syrup**
- High Impact Exercise**
- Stress & Anxiety**

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



## GOAL:

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Day 8

## REMOVING VIRAL DEBRIS

SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Shortness of breath			
• Increased Respirations			
• Fatigue			
• Dizziness			
• Fainting			
• Agitation			
• Confusion			
• Hallucinations			

### GOAL:







- Decrease inflammation
- Increase Bioavailable Vital Nutrients
- Eliminate unnecessary inflammatory triggers
- **The body is cleaning up the viral debris at this stage which may trigger an excessive inflammatory response.**

Date: \_\_\_\_\_

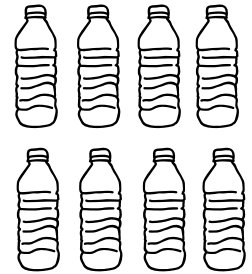
## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## KNIGHTSHYFT AM:

-  Vitamin C
-  Vitamin D3
-  Zinc
-  Quercetin
-  NAC
-  Turmeric-Curcumin

**Water only as tolerated**



**Midnight Honey**



**Fresh Air**




**Light Activity**



**Prayer**



## AVOID:

-  **Sugar**
- High Fructose Corn Syrup**
- High Impact Exercise**
- Stress & Anxiety**

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



*Handwritten signature*

## REMOVING VIRAL DEBRIS

SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Shortness of breath			
• Increased Respirations			
• Fatigue			
• Dizziness			
• Fainting			
• Agitation			
• Confusion			
• Hallucinations			

### GOAL:







- Decrease inflammation
- Increase Bioavailable Vital Nutrients
- Eliminate unnecessary inflammatory triggers
- **The body is cleaning up the viral debris at this stage which may trigger an excessive inflammatory response.**

Date: \_\_\_\_\_

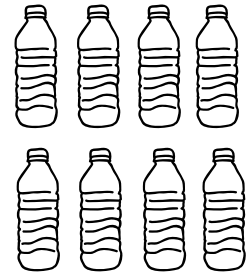
## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

### KNIGHTSHYFT AM:

-  Vitamin C
-  Vitamin D3
-  Zinc
-  Quercetin
-  NAC
-  Turmeric-Curcumin

**Water only as tolerated**



**Midnight Honey**



**Fresh Air**




**Light Activity**



**Prayer**



### AVOID:

-  **Sugar**
- High Fructose Corn Syrup**
- High Impact Exercise**
- Stress & Anxiety**

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



Day 10

## REMOVING VIRAL DEBRIS

SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Shortness of breath			
• Increased Respirations			
• Fatigue			
• Dizziness			
• Fainting			
• Agitation			
• Confusion			
• Hallucinations			

### GOAL:

- Decrease inflammation
- Increase Bioavailable Vital Nutrients
- Eliminate unnecessary inflammatory triggers
- **The body is cleaning up the viral debris at this stage which may trigger an excessive inflammatory response.**

Date: \_\_\_\_\_

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## KNIGHTSHYFT AM:



Vitamin C

**Water only as tolerated**



Vitamin D3



Zinc



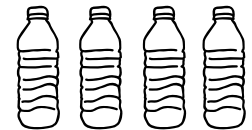
Quercetin



NAC



Turmeric-Curcumin



**Midnight Honey**

**Light Activity**



**Fresh Air**

**Prayer**



## AVOID:

**Sugar**



**High Fructose Corn Syrup**

**High Impact Exercise**

**Stress & Anxiety**

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



Day 11

## REMOVING VIRAL DEBRIS

### SYMPTOM TRACKER:

- Headache
- Congestion
- Runny Nose
- Loss of smell
- Loss of taste
- Cough
- Sore throat
- Fever
- Body Aches
- Chills
- Nausea/Vomiting
- Diarrhea
- Shortness of breath
- Increased Respirations
- Fatigue
- Dizziness
- Fainting
- Agitation/Confusion
- Hallucinations

### GOAL:







- Decrease inflammation
- Increase Bioavailable Vital Nutrients
- Eliminate unnecessary inflammatory triggers
- The body is cleaning up the viral debris at this stage which may trigger an excessive inflammatory response.

Date: \_\_\_\_\_

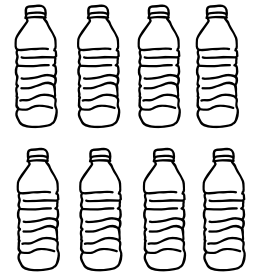
## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## KNIGHTSHYFT AM:

-  Vitamin C
-  Vitamin D3
-  Zinc
-  Quercetin
-  NAC
-  Turmeric-Curcumin

**Water only as tolerated**



**Midnight Honey**



**Fresh Air**




**Light Activity**



**Prayer**



## AVOID:

-  **Sugar**
- High Fructose Corn Syrup**
- High Impact Exercise**
- Stress & Anxiety**

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:





Day 12

## REMOVING VIRAL DEBRIS

### SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Shortness of breath			
• Increased Respirations			
• Fatigue			
• Dizziness			
• Fainting			
• Agitation			
• Confusion			
• Hallucinations			

### GOAL:







- Decrease inflammation
- Increase Bioavailable Vital Nutrients
- Eliminate unnecessary inflammatory triggers
- **The body is cleaning up the viral debris at this stage which may trigger an excessive inflammatory response.**

Date: \_\_\_\_\_

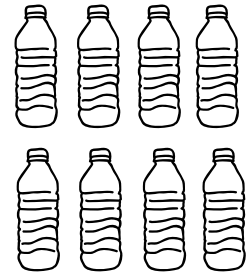
## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## KNIGHTSHYFT AM:

-  Vitamin C
-  Vitamin D3
-  Zinc
-  Quercetin
-  NAC
-  Turmeric-Curcumin

**Water only as tolerated**



**Midnight Honey**



**Fresh Air**




**Light Activity**



**Prayer**



## AVOID:

-  **Sugar**
- High Fructose Corn Syrup**
- High Impact Exercise**
- Stress & Anxiety**

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



Day 13

## REMOVING VIRAL DEBRIS

### SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Shortness of breath			
• Increased Respirations			
• Fatigue			
• Dizziness			
• Fainting			
• Agitation			
• Confusion			
• Hallucinations			

### GOAL:

- Decrease inflammation
- Increase Bioavailable Vital Nutrients
- Eliminate unnecessary inflammatory triggers
- **The body is cleaning up the viral debris at this stage which may trigger an excessive inflammatory response.**

Date: \_\_\_\_\_

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## KNIGHTSHYFT AM:



Vitamin C

**Water only as tolerated**



Vitamin D3



Zinc



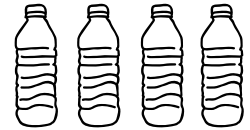
Quercetin



NAC



Turmeric-Curcumin



### Midnight Honey

### Light Activity



Fresh Air

Prayer



## AVOID:

**Sugar**



**High Fructose Corn Syrup**

**High Impact Exercise**

**Stress & Anxiety**

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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## AFTERNOON MEDS:

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## KNIGHTSHYFT PM:

- Vitamin C
- Melatonin
- Omega 3
- Turmeric Curcumin
- Zinc
- Quercetin

## SLEEP HOURS:



Day 14

## REMOVING VIRAL DEBRIS

SYMPTOM TRACKER:

	Mild	Mod	Severe
• Headache			
• Congestion			
• Runny Nose			
• Loss of smell			
• Loss of taste			
• Cough			
• Sore throat			
• Fever			
• Body Aches			
• Chills			
• Nausea			
• Vomiting			
• Diarrhea			
• Shortness of breath			
• Increased Respirations			
• Fatigue			
• Dizziness			
• Fainting			
• Agitation			
• Confusion			
• Hallucinations			

### GOAL:

- Decrease inflammation
- Increase Bioavailable Vital Nutrients
- Eliminate unnecessary inflammatory triggers
- **The body is cleaning up the viral debris at this stage which may trigger an excessive inflammatory response.**

Date: \_\_\_\_\_

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## KNIGHTSHYFT AM:



Vitamin C

**Water only as tolerated**



Vitamin D3



Zinc



Quercetin



NAC



Turmeric-Curcumin



**Midnight Honey**

**Light Activity**



**Fresh Air**

**Prayer**



## AVOID:

**Sugar**



**High Fructose Corn Syrup**

**High Impact Exercise**

**Stress & Anxiety**

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## VITAL SIGNS

BP	HR
RR	TEMP
PAIN	SPO2

## JOURNAL:

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*Day.*

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Vitamin D3



Zinc



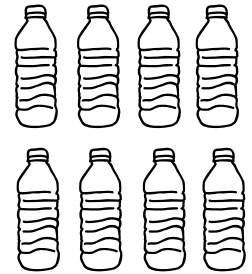
Quercetin



NAC



Turmeric-Curcumin



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