

NAUSEA MONITORING FORM

Day/Time	7-8am	8-9am	9-10am	10-11am	11-12am	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													

Emetophobia Nausea Monitoring Form

Note the intensity of nausea (between 1-10, with 10 indicating extremely severe nausea), and one or two words to describe your mood.

If there are specific thoughts accompanying your mood that you are aware of, note these in your notebook.