

Trigger Chart

Date	Food, Drink, Meds, Activity	Symptoms	Conditions	Total Paralysis	Partial Paralysis	Total Weakness	Partial Weakness	Numbness	Normal
6am	Awake, Get up, Bathroom Shower, Dress	Legs weak	Legs numb below knees						
7am	Breakfast: Sugar milk, grain cereal, egg, almonds	None	None						
8am	Take Septra, calcium tablet, make bed, clean kitchen	None	None						
9am	In Recliner, on computer	Feet tired, weak, hot	↓ slurring words						
10am	" "	Legs burn, cramping	Legs paralyzed						
11am	" "	Total paralysis (can't open eyes, breathe)							
12pm	" "	Eyes open, able to speak	Sudden urge to urinate						
1pm	Get help to Bathroom, urinate, back to recliner	Less weak, hungry, getting better	Still weak and tired						
2pm	Eat lunch in recliner (cheese, jicama, nuts, prunes)		Tired						
3pm	Sit in recliner, Read	None	None						
4pm	Sit in recliner, computer, Bathroom	None	None						
5pm	Help + y dinner	None	None						
6pm	Eat Dinner 1/2 chicken breast, salad, Asparagus	Overall weakness	Overall weakness						
7pm	Sit in recliner, watch TV, knit	Overall weakness	Overall weakness						
8pm	" "	Overall weakness	Overall weakness						
9pm	Take mirapex w/ Butter milk, Bathroom, Get PJs on	Tired	Overall weakness						
10pm	Sleeping								
11pm									
12am									
1am	wakes up	paralyzed	paralyzed						
2am	Sleep								
3am	wakes up	paralyzed	paralyzed						
4am	Sleep								
5am	wakes up	paralyzed	paralyzed						