

SAMPLE

Dr. Wilson's Salivary Cortisol Test Daily Information Sheet[©]

Date of Saliva Test: January 27, 2010

Name: Shelly Smith

Daytime Phone Number: 555-555-5555 cell

Time	Test Time	Activities	How I Felt	Food & Drink
6:00 AM		<i>Very restless sleep; woke many times</i>		
6:15 AM		<i>Still tires when it was time to get up</i>		
6:30 AM				
6:45 AM				
7:00 AM		<i>Got up & got kids up</i>	<i>Tired, hard to get up</i>	
7:15 AM			<i>Dizzy, mild nausea</i>	
7:30 AM				<i>2 coffees (both doubles)</i>
7:45 AM			<i>Painful knee; angry, grumpy</i>	
8:00 AM	x	<i>Got kids off to school</i>	<i>Upset the day would be like this</i>	<i>Gum</i>
8:15 AM				
8:30 AM		<i>Drove to work</i>	<i>Better, knee still hurts,</i>	
8:45 AM		<i>Work</i>	<i>Still upset about it</i>	<i>Gum</i>
9:00 AM		<i>Compliments on my hair</i>	<i>Hungry</i>	<i>2 chocolate donuts</i>
9:15 AM				<i>Water, gum</i>
9:30 AM			<i>Shaky, depressed, light headed</i>	<i>Coke, thirst buster 44 oz</i>
9:45 AM			<i>Felt better after coke; more settled</i>	
10:00 AM				
10:15 AM				<i>Gum</i>
10:30 AM				
10:45 AM				
11:00 AM			<i>Stressed; worried about job</i>	
11:15 AM			<i>Sometimes hate my life</i>	<i>Gum</i>
11:30 AM				
11:45 AM		<i>Busy all morning. Deadlines</i>	<i>Starving for lunch</i>	<i>12 pretzels, 5 cheese sticks</i>
12:00 PM	x			
12:15 PM		<i>Lunch with Mandy</i>		<i>Health salad, low fat dressing</i>
12:30 PM				<i>Cafe Latte</i>
12:45 PM			<i>Felt better after lunch</i>	<i>Cheesecake</i>
1:00 PM		<i>Work</i>		<i>Water</i>
1:15 PM				
1:30 PM		<i>Planning meeting vps office</i>		
1:45 PM			<i>Got the munchies</i>	<i>Twinkie</i>

SAMPLE

Time	Test Time	Activities	How I Felt	Food & Drink
2:00 PM		<i>Call from school, Tommy sick</i>		<i>Coffee (double)</i>
2:15 PM		<i>Told nurse to keep him there</i>		
2:30 PM				<i>7-Up</i>
2:45 PM				<i>Water</i>
3:00 PM				
3:15 PM			<i>Sleepy, want to lie down</i>	
3:30 PM			<i>Hungry but don't want to eat</i>	<i>Iced tea</i>
3:45 PM		<i>Told boss I need new printer</i>	<i>Because I'll gain weight</i>	
4:00 PM	x	<i>This one is always jamming</i>	<i>Angry, depressed</i>	
4:15 PM		<i>Got mad at me but said maybe</i>	<i>Feels so hopeless sometimes</i>	<i>Water</i>
4:30 PM				
4:45 PM				
5:00 PM		<i>Drove to pick up kids then home</i>	<i>Kids made me feel better</i>	
5:15 PM				
5:30 PM			<i>Starving</i>	
5:45 PM		<i>Got supper</i>		<i>Frozen pizza</i>
6:00 PM				<i>Salad</i>
6:15 PM			<i>Felt great after supper</i>	<i>Coke</i>
6:30 PM				<i>Water</i>
6:45 PM		<i>Church meeting</i>		
7:00 PM				
7:15 PM				<i>Ice cream – chocolate chip</i>
7:30 PM				<i>3 coconut cookies</i>
7:45 PM				<i>Water</i>
8:00 PM		<i>Helped kids with homework</i>		
8:15 PM				
8:30 PM				
8:45 PM		<i>Watched TV</i>		<i>2 handfuls cheese snacks</i>
9:00 PM				<i>Glass of white wine</i>
9:15 PM		<i>Put kids to bed</i>	<i>Tired, but not sleepy</i>	<i>Water</i>
9:30 PM		<i>Talked to Ex</i>		
9:45 PM				
10:00 PM		<i>Watched news & read-falling asleep</i>		
10:15 PM				
10:30 PM				
10:45 PM				
11:00 PM	x			<i>Water</i>
11:15 PM			<i>Not feeling so sleepy</i>	
11:30 PM		<i>Began doing crossword puzzle</i>		
11:45 PM				
12:00 AM		<i>Finally fell asleep around 2:00</i>		