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|  | **Your Name =** |  | Date started this | Severity score |
| Number | Name of **Past** Stressful Event | Severity Score range | Stress event with | After protocol |
| Of Priority | (no need to give details) | use chart eg 0-5 | Vagus Protocol | today |
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| Number | Name of **Current** Stressful Event | Severity Score range | Date started this | Severity score after protocol |
| Of Priority | (no need to give details) | use chart eg 0-5 | Stress event | today |
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