

- MY INSIGHTS**
- LESS SLEEP ∞ FATIGUE 172%**
On days you logged fewer hours of sleep you were 172% more likely to experience Fatigue
 - LESS SLEEP ∞ CONSTIPATION 158%**
On days you logged fewer hours of sleep you were 158% more likely to experience Constipation
 - LESS WATER ∞ NEGATIVE MOOD 111%**
On days you logged fewer cups of water you were 111% more likely to experience negative moods
 - MORE SLEEP ∞ FEELING BETTER 69%**
On days you logged more hours of sleep you were 69% more likely to log an above average overall condition
 - MONDAY ∞ POSITIVE MOOD 63%**
On Mondays you were 63% more likely to experience positive moods

NOTES

SYMPTOMS

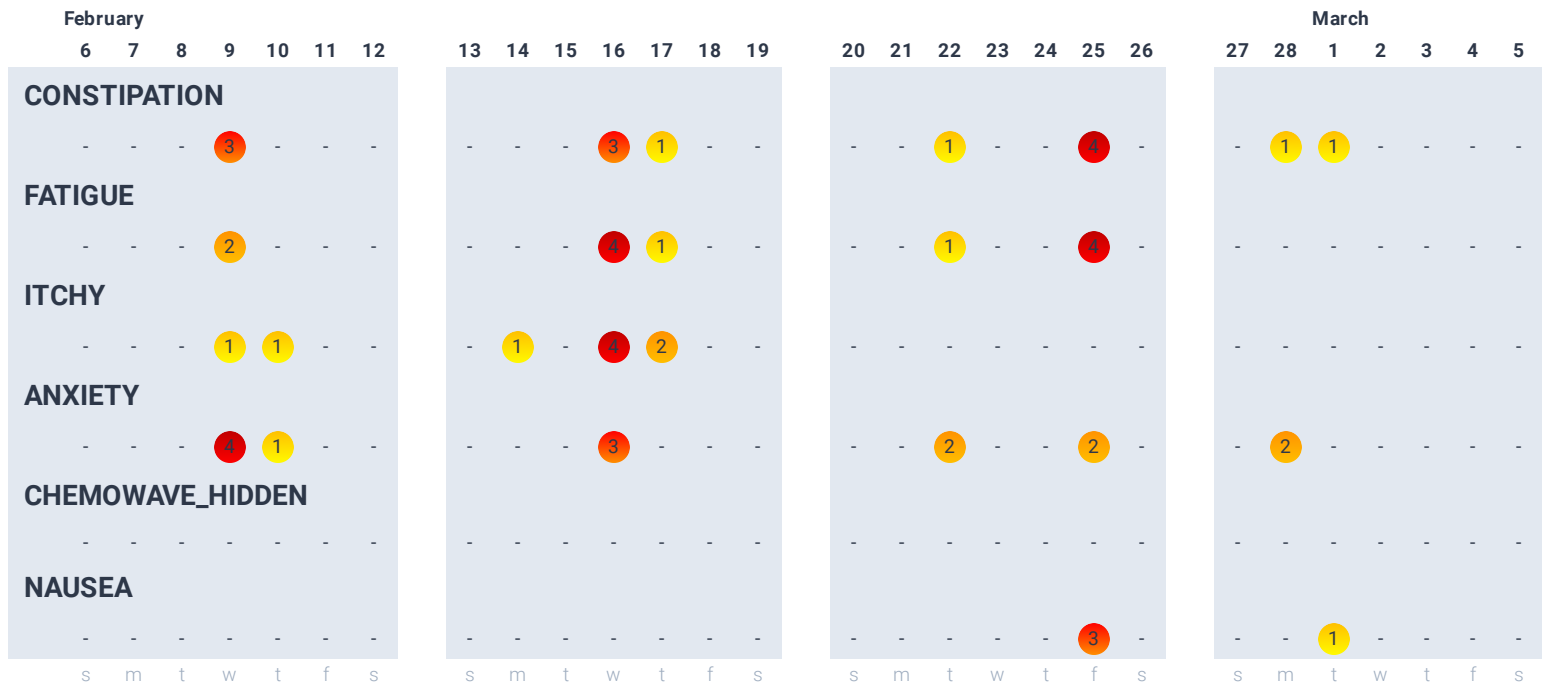
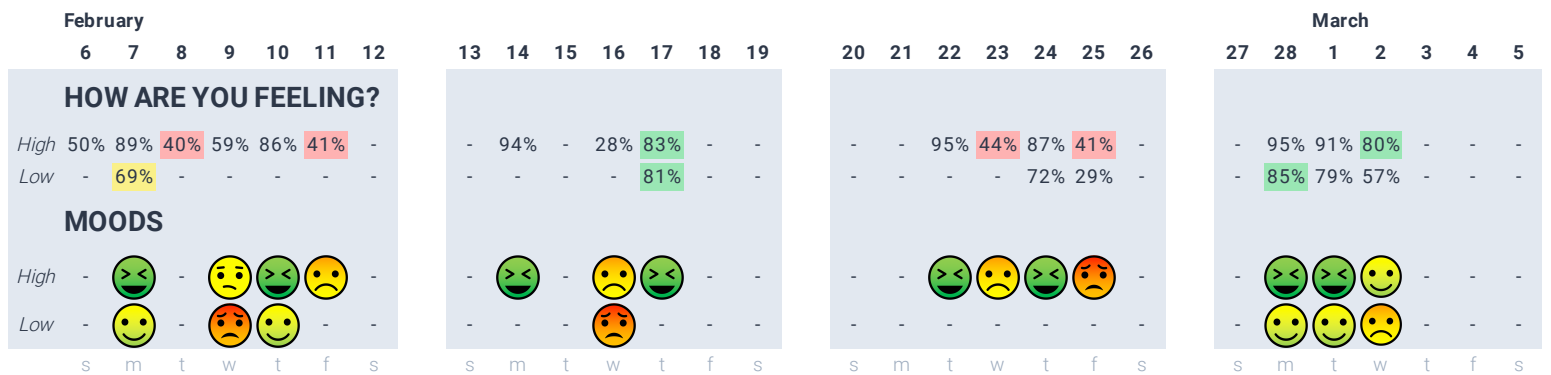
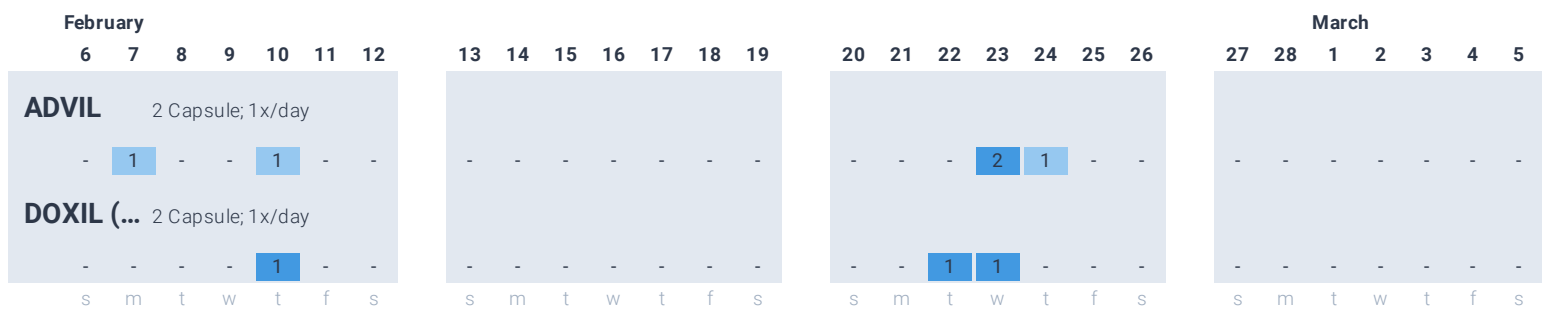


table shows highest level of reported symptom severity each day

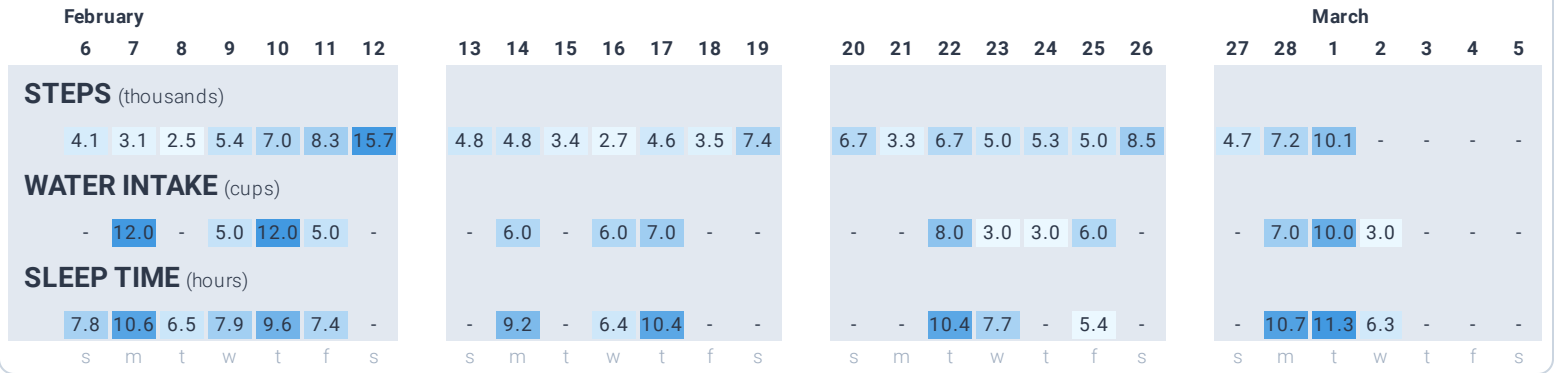
DAILY CONDITION



MEDICATIONS LOGGED



DAILY ACTIVITY TOTALS



JOURNAL ENTRIES

- TABLES KEY:
- SYMPTOMS - = "none" 1 = "mild" 2 = "moderate" 3 = "severe" 4 = "unbearable"
 - CONDITION # = highest # = high # = Moderate # = low # = lowest
 - MOODS 😄 = "very positive" 😊 = "positive" 😐 = "neutral" 😞 = "negative" 😡 = "very negative"
 - MEDICATIONS & ACTIVITIES # = # high # = # low