

Symptoms List

Brain Health (click to select, chosen fields are highlighted)

Brain fog

Confusion

Trouble communicating

Initially choose symptoms from list organized by topic (brain, heart, etc.), then only see those symptoms and a + to add symptoms at bottom.

Heart Health (click to select)

Chest pain

Chest tightness

Rapid heart rate

Lung Health (click to select)

Dry cough

Productive cough

Trouble breathing

Balance Issues (click to select)

Vertigo

Dizziness

Lightheaded

Once issues are chosen, they will show up with today's date and time, a color code, and a 1-10 pain scale.

- 0 - No pain
- 1 - Hardly notice pain
- 2 - Notice pain, does not interfere with activities
- 3 - Sometimes distracts me
- 4 - Distracts me, can do usual activities
- 5 - Interrupts some activities
- 6 - Hard to ignore, avoid usual activities
- 7 - Focus of attention, prevents doing daily activities
- 8 - Awful, hard to do anything
- 9 - Can't bear the pain, unable to do anything
- 10 - As bad as it could be, nothing else matters

My symptoms

Symptom 1 / color 1

Symptom 2 / color 2

Symptom 3 / color 3

Pain scale 1-10 scroll or dropdown list with 1 = ____, 2 = ____

Pain rating 1

Pain rating 2

Pain rating 3

+ to add symptom