**Day 1 (Thursday):**

**Did you feel any annoyances due to allergies today?**

Ja, had een volle neus en merkte dat mn oren ook verstopt zaten.

*Yes, I had a stuffy nose and noticed that my ears were clogged as well.*

**Compared to the last two weeks, how would you rate today as a 'bad allergy day'?**

Semi bad

**Did allergies impact your working efficiency today?**

Just a little bit

**How positive would you rate today with relation to allergies?**

6

**If yes, how did you deal with it?**

Ignore and breath more calmly

**Day 2 (Saturday):**

**Did you feel any annoyances due to allergies today?**

Werd wakker met lichtelijk geïrriteerde ogen, en een verstopte neus. Ging later wel weer weg.

*Woke up with slightly irritated eyes, and a stuffy nose. Went away later.*

**Compared to the last two weeks, how would you rate today as a 'bad allergy day'?**

4

**Did allergies impact your working efficiency today?**

3

**How positive would you rate today with relation to allergies?**

8

**If yes, how did you deal with it?**

….

**Day 3 (Sunday):**

**Did you feel any annoyances due to allergies today?**

Niet echt, in de ochtend wel weer wat en zo nu en dan benauwd.

*Not really, in the morning sometimes I am short of breath.*

**Compared to the last two weeks, how would you rate today as a 'bad allergy day'?**

6

**Did allergies impact your working efficiency today?**

No.

**How positive would you rate today with relation to allergies?**

6

**If yes, how did you deal with it?**

Not really.