

# Session 1:

**Date:** 29th October, 2025





**Goal:** Record fatigue over week and write its summary.

**Actions Taken:** Recording in progress.

**Observations:** Sleepiness throughout the day, hampering cognitive ability is consistent. Likely from emotional load, mental fatigue, nutrition/ hydration gaps, etc. More observations might reveal reason behind this lack of alertness level.

**Changes:** None.

**Next Step:** Record information about this for a week and then writing its summary. Continue this for 3-5 weeks.

Today		Owned by anyone ▾	Last opened by me	  
	Fatigue Tracker	me	1:01 AM	