

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.

