

# Session 1:

**Date:** 29th October, 2025

**Intentions:** Starting a tracker to keep track of my fatigue and uncover patterns like what weekdays drain me the most, any sleep vs. fatigue correlation, emotional load, etc. Those would help me shift heavy tasks from high fatigue days, schedule creative breaks. I plan on

**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.

