

Patient's Daily Tracker and Health Habits

Patient: mangacharmainelilan20@gmail.com

Thursday - July 14, 2022

Sleep at	14:54	Woke Up At	17:59
Total Hours	03:05:00	Mood Or Feelings	sleepy
Triggers	codes	Physical Symptoms	WEAK FATIGUE
Others		Concentration or Focus	2
Social Engagement		Preferred To Be Alone Today	No

Question: What core values are most important to you? How can you put these into practice?

Answer: yes

Wednesday - July 13, 2022

Question: What core values are most important to you? How can you put these into practice?

Answer: intergrity