

# Patient's Daily Tracker and Health Habits

Patient: chikana@gmail.com

Monday - July 11, 2022

Sleep at	17:00	Woke Up At	20:00
Total Hours	1	Mood Or Feelings	Scared
Triggers	Dog	Physical Symptoms	ENERGIZED
Others	f	Concentration or Focus	7
Social Engagement	Friends	Preferred To Be Alone Today	No

Question: What are three things you are proud of yourself for doing today? (These can be big or small- even brushing your teeth counts!)

Answer: code, netflix, youtube

Tuesday - July 12, 2022

Sleep at	20:46	Woke Up At	20:47
Total Hours	5	Mood Or Feelings	Stressed
Triggers	Code	Physical Symptoms	ENERGIZED TIRED
Others	f	Concentration or Focus	5
Social Engagement	Friends	Preferred To Be Alone Today	No

Question: What are three things you are proud of yourself for doing today? (These can be big or small- even brushing your teeth counts!)

Answer: Lotto

Wednesday - July 13, 2022

Sleep at	22:33	Woke Up At	21:33
Total Hours	1	Mood Or Feelings	Sad
Triggers	Kdrama	Physical Symptoms	ENERGIZED TIRED
Others		Concentration or Focus	5
Social Engagement	Family	Preferred To Be Alone Today	No

Sunday - July 10, 2022

Question: What are three things you are proud of yourself for doing today? (These can be big or small- even brushing your teeth counts!)

**Answer:** Code, Design, Discover New Things