

# Patient's Daily Tracker and Health Habits

**Patient: Phillip Bagsic**

**Tuesday - July 19, 2022**

Sleep Time	22:00	Woke Up Time	06:00
Total Hours	08:00:00	Mood Or Feelings	happy
Triggers	dog	Physical Symptoms	ENERGIZED
Others		Concentration or Focus	6
Social Engagement	I preferred to be alone today	Preferred To Be Alone Today	No

Sleep Time	02:28	Woke Up Time	01:28
Total Hours	23:00:00	Mood Or Feelings	happy
Triggers	excel	Physical Symptoms	ENERGIZED TIRED REFRESHED WEAK ACHY SLUGGISH NUMB RELAXED WELL-STRESSED FATIGUE JITTERY STRONG
Others		Concentration or Focus	10
Social Engagement	Meeting	Preferred To Be Alone Today	No

**Question:** What are five words you would ideally like to be described as? Why?

**Answer:** happy