

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