

RA Journal

https://rajournal.com

RA Journal

Today

History

Graph

Notes

I Slept

Poorly

OK

Well

When I woke up

Pain

5

Stiffness

6

Fatigue

1

Throughout the day

Pain

1

Stiffness

1

Fatigue

10

I was able to do the things I needed to do despite my symptoms

5

Important Event

+

Event One

Event Two

Notes

All controls large and easy to interact with via touch. Buttons are chosen over a drop down. Large slider where one can easily click anywhere on the length of the slider

Events like started taking different medication, changed exercise regime, started doing new exercise, important change to diet, or sleep etc. Will be displayed in graph of symptoms and activity to contextualize data



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Weds Sep 6 2023 | Pain: 7 Stiffness: 3 Fatigue: 2 Activity: 7



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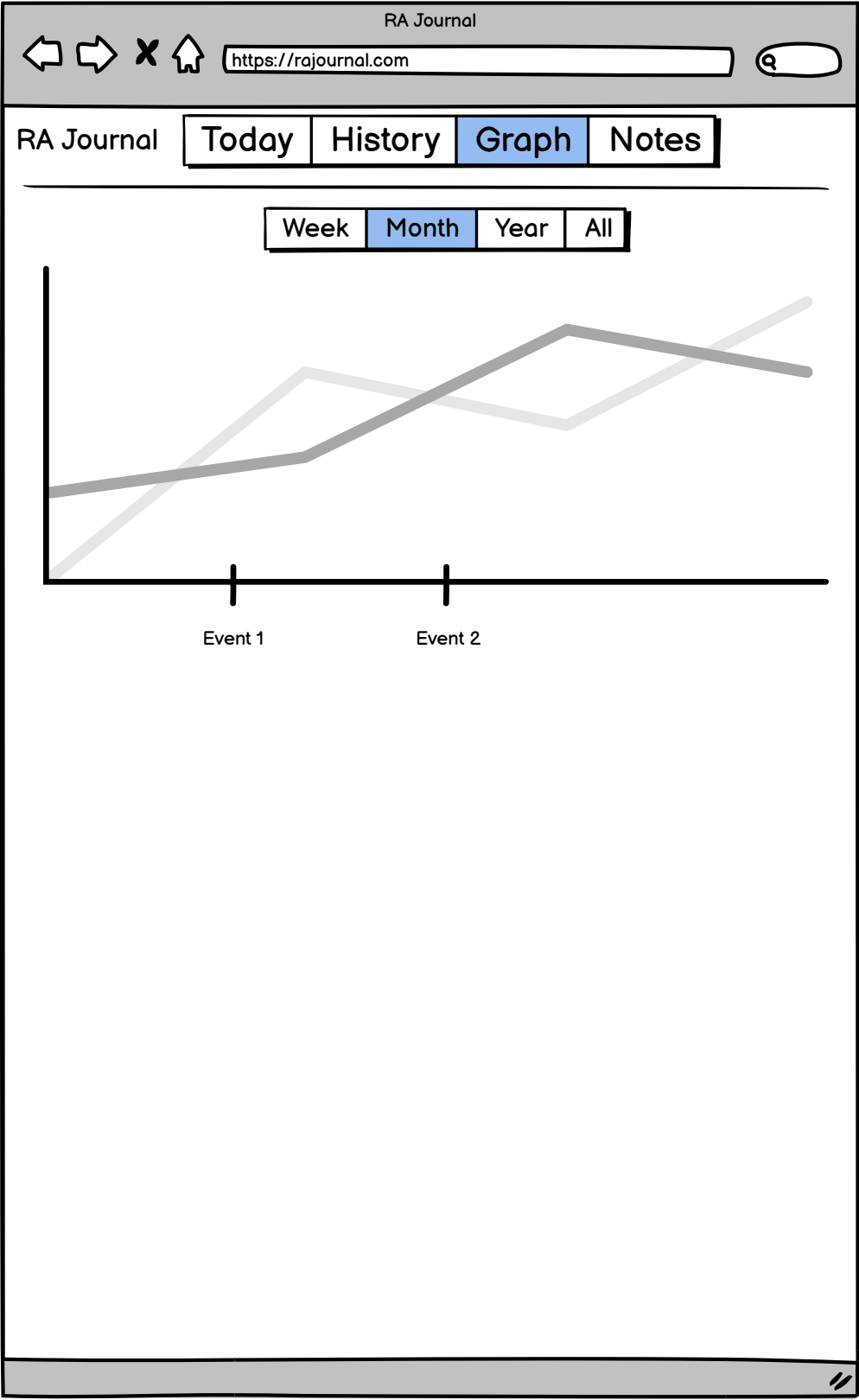
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Herein we graph pain, stiffness, fatigue, sleep quality over time and note their relation to user noted events in order to help users identify trends and the impact of said events



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All Notes

Search



Card

Pain: 7 Stiffness: 3 Fatigue: 3 Activity 7

Some totally real and not at all fake note data describing important thoughts on some matter of import.

Delete

Edit

Card

Pain: 7 Stiffness: 3 Fatigue: 3 Activity 7

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Card

Pain: 7 Stiffness: 3 Fatigue: 3 Activity 7

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