

Autoimmune Tracker

Username

Password

Login

Previous

Today

+

Add

Sleep Quality: 8

Edit

Breakfast: Oatmeal

Edit

Symptom: Headache - 7

Edit

Lunch: Chicken Salad

Edit

Exercise: Intensity 5

Edit

Sleep

Bedtime:

Select Time

Wake time:

Select Time

Sleep quality rating:

☐ Poor

☐ Fair

☐ Good

☐ Excellent

Save

Lunch

Q search

Food

With Button

Add

Checkmark

With Button

Add

With Button

Add

With Button

Add

Exercise

Cardio:

☐ Low

☐ Medium

☐ High

Strength Training:

Walking

Running

Cycling

Swimming

Rowing

Hiking

Elliptical training

Jump rope

Dancing

Flexibility and Balance:

Sports:

Intensity:

☒ Low

☐ Medium

☐ High

Duration:

30 min

Symptoms

Headache

Fatigue

Insomnia

Sinus pressure

Joint Pain

Anxiety

Brain Fog

Runny nose

Nausea

+

Resources and Support

[Support link](#)

This is some text with [links](#) of support.

Lorem ipsum dolor sit amet, [links](#) adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Lectus quam id leo in vitae.

[Links](#) massa tincidunt dui ut ornare lectus sit amet. Risus feugiat in ante metus dictum at tempor commodo. Aliquam etiam erat velit scelerisque in.

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Report by Date

Monday May 1, 2024

Sleep Quality: 8

Breakfast: Oatmeal

Symptom: Headache - 7

Lunch: Chicken Salad

Exercise: Intensity 5

Tuesday May 2, 2024

Sleep Quality: 8

Breakfast: Oatmeal

Symptom: Headache - 7

Lunch: Chicken Salad

Wellness Recipe

BreakfastLunchDinnerUser Recipes

Wellness Recipe

BreakfastLunchDinnerUser Recipes

Recipe Title

Recipe Image

Ingredient One
Ingredient Two
Ingredient Three

Wellness Recipe

BreakfastLunchDinnerUser Recipes

Title

Description

Source

URL

Ingredients