Weekly patient diary (week 1 – 10):

| **Week** | **Morning Stiffness (min)** | **Pain (VAS 0–100)** | **Fatigue (VAS 0–100)** | **Missed Dose (Y/N)** | **Comments** |
| --- | --- | --- | --- | --- | --- |
| 1 | 60 | 70 | 65 | N | Hands ache by midday |
| 2 | 55 | 68 | 62 | N | Mild headache day 2 |
| 3 | 50 | 62 | 60 | N | Less stiff in AM |
| 4 | 45 | 55 | 55 | N | Energy better |
| 5 | 40 | 50 | 52 | N | Slight nausea AM 1 |
| 6 | 38 | 48 | 50 | N | Mood good |
| 7 | 35 | 44 | 45 | N | No issues |
| 8 | 32 | 40 | 40 | N | Mild cold starting (URI) |
| 9 | 30 | 38 | 38 | N | Cold resolving |
| 10 | 28 | 35 | 36 | N | Feels steady |