

What I have kept track of

NAME

Example

PERIOD

11 June 2026 through 2 September 2026

CONDITION (SELF-REPORTED)

Long COVID

What this is and what it isn't

These are notes the user kept themselves, day by day. It is not a measurement, not a diagnosis and not treatment advice. The app only adds up what was entered and interprets nothing.

Main changes

Compared with the 84 days before that.

- Energy was lower: 2.8 against 3.5.
- Mood was lower: 2.8 against 3.5.
- Headache was heavier: 6.4 against 4.9.
- Sleep was lighter: 4.2 against 5.6.
- Crashes: 4 against 1 in the period before.

At a glance

Filled in by the user, every day. The scale is shown with each figure.

Filled in on 65 of 84 days (77%)

	Days	Average	Highest
Energy	65	2.8 / 5	—
Mood	55	2.8 / 5	—
Hours slept	54	7.4 hours	—
Headache	58	6.4 / 10	9
Concentration	47	5.1 / 10	8
Pain	39	4.6 / 10	8
Sleep	31	4.2 / 10	7

Night's rest: rested on waking on 10 of 61 nights, 22 somewhat.

Crashes: 4 in this period.

What I want to ask

Written down before this visit. The line below each one is there to note the answer.

1. The crash almost always comes the next day. Does that match what you see?
2. Could the dose of the sleeping aid go down? It leaves me groggy.

TREATMENT

Care and medication

Medication as the user noted it

Painkiller	08:00, 20:00
Sleeping aid	22:30

Of 252 planned doses in this period, 214 were ticked as taken and 17 as skipped. The rest was not filled in; that is different from missed.

Taken as needed

Counted in days, not tablets. Two doses on one day count as one day.

Medicine	Days	Times
Painkiller as needed	12	19

Crashes

Symptoms typically began 26 hours after the exertion the user pointed to as the cause. That is the median of 3 crashes, ranging from 18 to 31 hours.

Started on	Severity	Suspected cause	Delay
24 August 2026	Heavy	—	—
7 August 2026	Bedbound	Housework	31 hours
19 July 2026	Bedbound	Visitors	18 hours
27 June 2026	Heavy	Groceries	26 hours

Journal

Only what the user marked to bring along. The rest of their notes is not included.

20 July 2026

Went to the shop yesterday, flat on my back all of today. It feels as if the bill only arrives the day after.