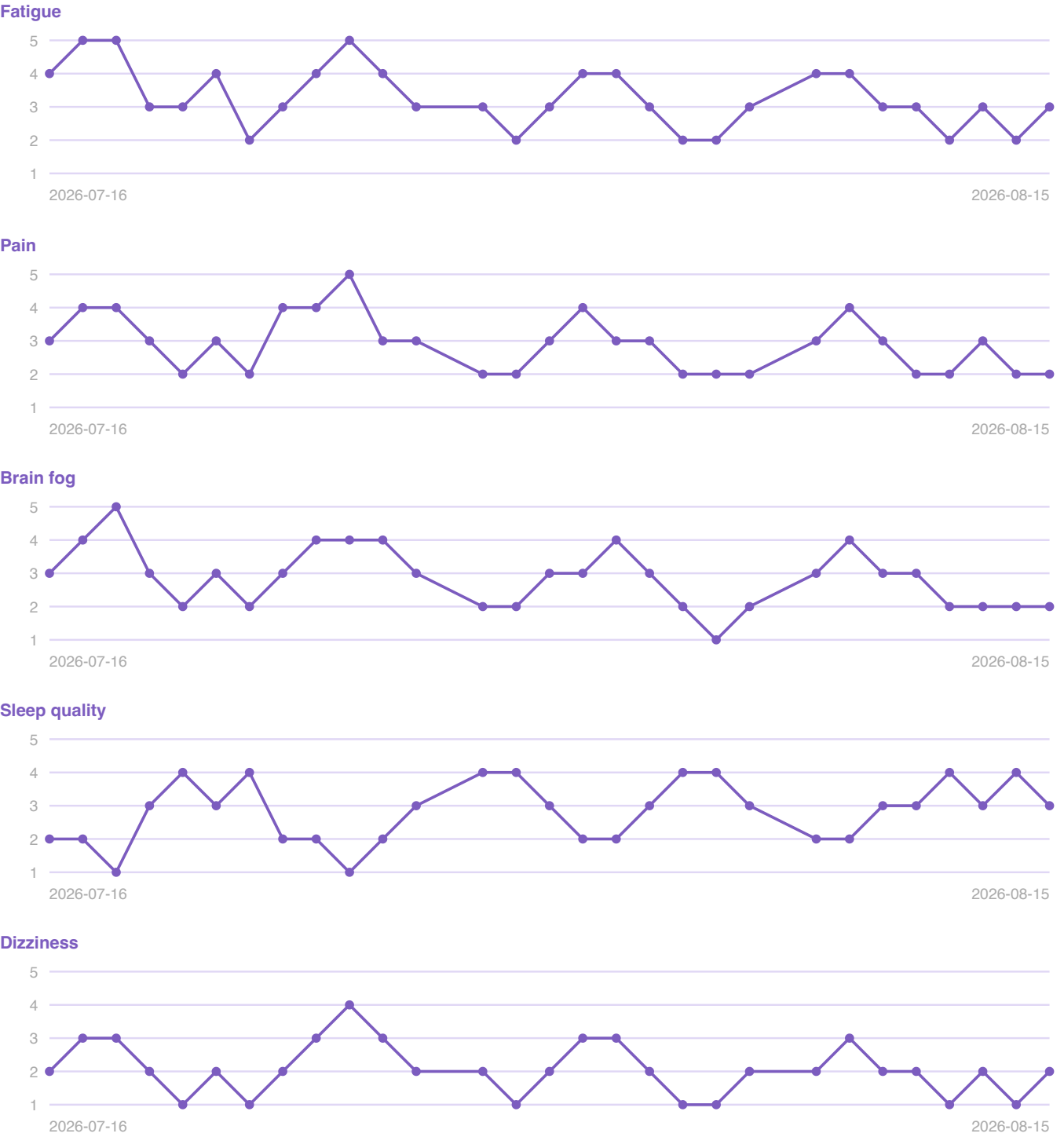


Ebb — Symptom Report

Period: 2026-07-16 to 2026-08-15 · Symptoms tracked: Fatigue, Pain, Brain fog, Sleep quality, Dizziness

Trends



Date	Fatigue	Pain	Brain fog	Sleep quality	Dizziness	Note
2026-07-16	4	3	3	2	2	
2026-07-17	5	4	4	2	3	Crashed after the grocery trip.

Date	Fatigue	Pain	Brain fog	Sleep quality	Dizziness	Note
2026-07-18	5	4	5	1	3	Second day of payday.
2026-07-19	3	3	3	3	2	
2026-07-20	3	2	2	4	1	Good day. Pacing worked.
2026-07-21	4	3	3	3	2	
2026-07-22	2	2	2	4	1	
2026-07-23	3	4	3	2	2	Joint pain worse in the heat.
2026-07-24	4	4	4	2	3	
2026-07-25	5	5	4	1	4	Worst day this stretch. Missed PT.
2026-07-26	4	3	4	2	3	
2026-07-27	3	3	3	3	2	Started the new sleep routine.
2026-07-29	3	2	2	4	2	
2026-07-30	2	2	2	4	1	
2026-07-31	3	3	3	3	2	
2026-08-01	4	4	3	2	3	Dizzy standing up all morning.
2026-08-02	4	3	4	2	3	
2026-08-03	3	3	3	3	2	
2026-08-04	2	2	2	4	1	Best week in a while starting?
2026-08-05	2	2	1	4	1	
2026-08-06	3	2	2	3	2	
2026-08-08	4	3	3	2	2	Overdid it yesterday.
2026-08-09	4	4	4	2	3	
2026-08-10	3	3	3	3	2	
2026-08-11	3	2	3	3	2	
2026-08-12	2	2	2	4	1	PT appointment went well.
2026-08-13	3	3	2	3	2	
2026-08-14	2	2	2	4	1	
2026-08-15	3	2	2	3	2	

Severity scale: 1 = Mild 2 = Low 3 = Moderate 4 = High 5 = Severe