

Date & Time	System	Symptom	Sev.	Description	Note
Sep 9, 2026, 5:02 p.m.	Respiratory	Cough	3/10	Mild	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Sep 9, 2026, 4:49 p.m.	Mental Health	Sleep Quality	4/10	Mild-moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 9, 2026, 4:34 p.m.	Mental Health	Mood	2/10	Very mild	Worse in the morning.
Sep 9, 2026, 4:14 p.m.	Digestive	Bloating	6/10	Moderate-severe	—
Sep 9, 2026, 12:21 p.m.	Respiratory	Shortness of Breath	2/10	Very mild	Worse in the morning.
Sep 8, 2026, 10:16 a.m.	Cardiovascular	Blood Pressure	7/10	Severe	—
Sep 8, 2026, 8:52 a.m.	Skin	Rash	7/10	Severe	—
Sep 7, 2026, 10:40 p.m.	Respiratory	Shortness of Breath	3/10	Mild	—
Sep 7, 2026, 9:26 p.m.	Mental Health	Irritability	3/10	Mild	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Sep 7, 2026, 7:38 p.m.	Sleep	Insomnia	2/10	Very mild	—
Sep 7, 2026, 6:33 p.m.	Physical Pain	Muscle Pain	6/10	Moderate-severe	—
Sep 7, 2026, 5:07 p.m.	Women's Health	Headache	4/10	Mild-moderate	—
Sep 7, 2026, 4:58 p.m.	Digestive	Bloating	7/10	Severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Sep 7, 2026, 4:37 p.m.	Respiratory	Shortness of Breath	2/10	Very mild	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 7, 2026, 4:14 p.m.	Women's Health	Mood Changes	5/10	Moderate	Started after lunch.
Sep 7, 2026, 2:11 p.m.	Neurological	Migraine	6/10	Moderate-severe	—
Sep 7, 2026, 11:10 a.m.	General	Pain	4/10	Mild-moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 7, 2026, 10:12 a.m.	Physical Pain	Neck Pain	9/10	Extreme	Started after lunch.
Sep 7, 2026, 9:34 a.m.	Neurological	Blurred Vision	3/10	Mild	—
Sep 6, 2026, 10:37 p.m.	Respiratory	Sore Throat	5/10	Moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Sep 6, 2026, 9:56 p.m.	Sleep	Restless Sleep	2/10	Very mild	—
Sep 6, 2026, 8:00 p.m.	Respiratory	Shortness of Breath	6/10	Moderate-severe	—
Sep 6, 2026, 7:56 p.m.	Skin	Hives	9/10	Extreme	—
Sep 6, 2026, 7:38 p.m.	Sleep	Oversleeping	6/10	Moderate-severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Sep 6, 2026, 7:28 p.m.	Physical Pain	Joint Pain	8/10	Very severe	—
Sep 6, 2026, 7:21 p.m.	Women's Health	Cramps	3/10	Mild	Started after lunch.
Sep 6, 2026, 7:19 p.m.	General	Headache	7/10	Severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Sep 6, 2026, 6:26 p.m.	Neurological	Migraine	3/10	Mild	—
Sep 6, 2026, 6:18 p.m.	Mental Health	Stress	3/10	Mild	—
Sep 6, 2026, 4:18 p.m.	Mental Health	Mood	2/10	Very mild	Mild but persistent.
Sep 6, 2026, 2:59 p.m.	Neurological	Light Sensitivity	6/10	Moderate-severe	Mild but persistent.
Sep 6, 2026, 12:41 p.m.	Digestive	Stomach Pain	7/10	Severe	Stress related possibly.
Sep 6, 2026, 11:40 a.m.	General	Dizziness	6/10	Moderate-severe	Better after resting.
Sep 6, 2026, 9:19 a.m.	Women's Health	Spotting	4/10	Mild-moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 5, 2026, 9:01 p.m.	Skin	Hives	9/10	Extreme	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Sep 5, 2026, 7:57 p.m.	Respiratory	Cough	4/10	Mild-moderate	Mild but persistent.
Sep 5, 2026, 7:56 p.m.	Cardiovascular	Chest Tightness	6/10	Moderate-severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Sep 5, 2026, 6:08 p.m.	Cardiovascular	Chest Tightness	8/10	Very severe	Stress related possibly.
Sep 5, 2026, 3:53 p.m.	Digestive	Stomach Pain	10/10	Worst possible	Stress related possibly.
Sep 5, 2026, 3:42 p.m.	Sleep	Insomnia	5/10	Moderate	—

Date & Time	System	Symptom	Sev.	Description	Note
Sep 5, 2026, 2:27 p.m.	Sleep	Insomnia	6/10	Moderate-severe	—
Sep 5, 2026, 1:06 p.m.	Neurological	Light Sensitivity	6/10	Moderate-severe	Woke up with this.
Sep 5, 2026, 12:29 p.m.	Mental Health	Sleep Quality	3/10	Mild	First time experiencing this particular symptom at this severity, monitoring closely.
Sep 5, 2026, 11:03 a.m.	Women's Health	Fatigue	3/10	Mild	Started after lunch.
Sep 5, 2026, 9:18 a.m.	Neurological	Brain Fog	6/10	Moderate-severe	First time experiencing this particular symptom at this severity, monitoring closely.
Sep 5, 2026, 8:40 a.m.	Digestive	Bowel Changes	8/10	Very severe	Mild but persistent.
Sep 4, 2026, 10:15 p.m.	Physical Pain	Back Pain	8/10	Very severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Sep 4, 2026, 10:02 p.m.	Digestive	Nausea	6/10	Moderate-severe	—
Sep 4, 2026, 9:28 p.m.	Sleep	Waking Up Tired	2/10	Very mild	Better after resting.
Sep 4, 2026, 7:43 p.m.	Women's Health	Fatigue	10/10	Worst possible	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 4, 2026, 4:44 p.m.	Cardiovascular	Chest Tightness	6/10	Moderate-severe	—
Sep 4, 2026, 4:43 p.m.	Women's Health	Fatigue	2/10	Very mild	—
Sep 4, 2026, 4:19 p.m.	Sleep	Insomnia	5/10	Moderate	—
Sep 4, 2026, 3:46 p.m.	Digestive	Bowel Changes	6/10	Moderate-severe	Associated with a busy week and poor sleep, likely stress and fatigue related.
Sep 4, 2026, 3:43 p.m.	Neurological	Brain Fog	2/10	Very mild	Worse in the morning.
Sep 4, 2026, 1:41 p.m.	Respiratory	Sore Throat	1/10	Barely noticeable	—
Sep 4, 2026, 12:05 p.m.	Mental Health	Irritability	4/10	Mild-moderate	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Sep 4, 2026, 11:21 a.m.	Physical Pain	Headache	8/10	Very severe	—
Sep 4, 2026, 11:13 a.m.	Sleep	Insomnia	6/10	Moderate-severe	Stress related possibly.
Sep 4, 2026, 10:46 a.m.	Digestive	Appetite	8/10	Very severe	Better after resting.
Sep 4, 2026, 10:25 a.m.	Mental Health	Stress	3/10	Mild	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Sep 4, 2026, 9:57 a.m.	Neurological	Numbness	5/10	Moderate	—
Sep 4, 2026, 9:27 a.m.	Physical Pain	Nerve Pain	8/10	Very severe	Woke up with this.
Sep 4, 2026, 8:08 a.m.	Cardiovascular	Blood Pressure	5/10	Moderate	—
Sep 3, 2026, 10:57 p.m.	Skin	Acne Flare-up	2/10	Very mild	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 3, 2026, 9:26 p.m.	Neurological	Numbness	5/10	Moderate	—
Sep 3, 2026, 9:23 p.m.	Physical Pain	Back Pain	2/10	Very mild	—
Sep 3, 2026, 6:39 p.m.	Skin	Hives	1/10	Barely noticeable	Came on suddenly.
Sep 3, 2026, 6:39 p.m.	Women's Health	Headache	1/10	Barely noticeable	—
Sep 3, 2026, 6:21 p.m.	General	Dizziness	3/10	Mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Sep 3, 2026, 5:53 p.m.	Mental Health	Stress	4/10	Mild-moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 3, 2026, 5:52 p.m.	Physical Pain	Headache	1/10	Barely noticeable	First time experiencing this particular symptom at this severity, monitoring closely.
Sep 3, 2026, 3:16 p.m.	Respiratory	Sore Throat	4/10	Mild-moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 3, 2026, 3:11 p.m.	Sleep	Nightmares	2/10	Very mild	—
Sep 3, 2026, 2:51 p.m.	Digestive	Stomach Pain	8/10	Very severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Sep 3, 2026, 1:18 p.m.	Digestive	Bowel Changes	7/10	Severe	Associated with a busy week and poor sleep, likely stress and fatigue related.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Sep 3, 2026, 1:14 p.m.	Cardiovascular	Chest Tightness	6/10	Moderate-severe	—
Sep 3, 2026, 12:49 p.m.	Mental Health	Stress	4/10	Mild-moderate	—
Sep 3, 2026, 12:42 p.m.	Neurological	Brain Fog	7/10	Severe	First time experiencing this particular symptom at this severity, monitoring closely.
Sep 3, 2026, 12:40 p.m.	General	Dizziness	4/10	Mild-moderate	Mild but persistent.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Sep 3, 2026, 12:38 p.m.	General	Nausea	4/10	Mild-moderate	—
Sep 3, 2026, 12:22 p.m.	Sleep	Restless Sleep	4/10	Mild-moderate	Associated with a busy week and poor sleep, likely stress and fatigue related.
Sep 3, 2026, 11:33 a.m.	Skin	Rash	4/10	Mild-moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Sep 3, 2026, 10:29 a.m.	Women's Health	Headache	8/10	Very severe	—
Sep 3, 2026, 10:08 a.m.	Women's Health	Breast Tenderness	1/10	Barely noticeable	First time experiencing this particular symptom at this severity, monitoring closely.
Sep 3, 2026, 8:45 a.m.	General	Pain	3/10	Mild	Stress related possibly.
Sep 3, 2026, 8:09 a.m.	Women's Health	Spotting	8/10	Very severe	—
Sep 2, 2026, 10:37 p.m.	Skin	Itching	1/10	Barely noticeable	Stress related possibly.
Sep 2, 2026, 10:11 p.m.	Women's Health	Spotting	1/10	Barely noticeable	—
Sep 2, 2026, 10:08 p.m.	Neurological	Brain Fog	5/10	Moderate	—
Sep 2, 2026, 10:03 p.m.	Sleep	Oversleeping	6/10	Moderate-severe	—
Sep 2, 2026, 9:32 p.m.	Cardiovascular	Blood Pressure	9/10	Extreme	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 2, 2026, 9:03 p.m.	Skin	Rash	8/10	Very severe	—
Sep 2, 2026, 8:47 p.m.	Neurological	Brain Fog	5/10	Moderate	—
Sep 2, 2026, 8:46 p.m.	Neurological	Light Sensitivity	6/10	Moderate-severe	—
Sep 2, 2026, 8:41 p.m.	Sleep	Insomnia	6/10	Moderate-severe	—
Sep 2, 2026, 8:10 p.m.	Physical Pain	Neck Pain	7/10	Severe	Associated with a busy week and poor sleep, likely stress and fatigue related.
Sep 2, 2026, 7:56 p.m.	General	Dizziness	4/10	Mild-moderate	Mild but persistent.
Sep 2, 2026, 7:11 p.m.	Mental Health	Mood	5/10	Moderate	—
Sep 2, 2026, 6:21 p.m.	Sleep	Snoring	6/10	Moderate-severe	—
Sep 2, 2026, 5:38 p.m.	General	Pain	7/10	Severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Sep 2, 2026, 5:05 p.m.	Respiratory	Cough	5/10	Moderate	Started after lunch.
Sep 2, 2026, 5:05 p.m.	General	Headache	7/10	Severe	—
Sep 2, 2026, 4:43 p.m.	Skin	Rash	3/10	Mild	Came on suddenly.
Sep 2, 2026, 3:48 p.m.	Cardiovascular	Blood Pressure	7/10	Severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Sep 2, 2026, 3:45 p.m.	Respiratory	Shortness of Breath	4/10	Mild-moderate	Came on suddenly.
Sep 2, 2026, 3:09 p.m.	Physical Pain	Headache	4/10	Mild-moderate	Came on suddenly.
Sep 2, 2026, 2:56 p.m.	Physical Pain	Muscle Pain	10/10	Worst possible	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 2, 2026, 2:51 p.m.	Women's Health	Spotting	8/10	Very severe	—
Sep 2, 2026, 2:07 p.m.	Mental Health	Stress	5/10	Moderate	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Sep 2, 2026, 1:37 p.m.	Cardiovascular	Blood Pressure	6/10	Moderate-severe	—
Sep 2, 2026, 1:26 p.m.	Digestive	Appetite	7/10	Severe	—
Sep 2, 2026, 1:10 p.m.	Respiratory	Wheezing	2/10	Very mild	First time experiencing this particular symptom at this severity, monitoring closely.
Sep 2, 2026, 1:00 p.m.	Skin	Itching	4/10	Mild-moderate	—
Sep 2, 2026, 12:55 p.m.	Women's Health	Fatigue	8/10	Very severe	First time experiencing this particular symptom at this severity, monitoring closely.
Sep 2, 2026, 12:41 p.m.	Physical Pain	Neck Pain	6/10	Moderate-severe	Came on suddenly.
Sep 2, 2026, 12:16 p.m.	Digestive	Nausea	7/10	Severe	Stress related possibly.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Sep 2, 2026, 11:08 a.m.	General	Pain	6/10	Moderate-severe	Started after lunch.
Sep 2, 2026, 10:26 a.m.	Sleep	Restless Sleep	5/10	Moderate	—
Sep 2, 2026, 9:56 a.m.	Neurological	Light Sensitivity	3/10	Mild	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Sep 2, 2026, 9:35 a.m.	Neurological	Light Sensitivity	3/10	Mild	Worse in the morning.
Sep 2, 2026, 9:34 a.m.	Neurological	Migraine	4/10	Mild-moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Sep 2, 2026, 9:31 a.m.	Skin	Itching	5/10	Moderate	—
Sep 2, 2026, 9:07 a.m.	Neurological	Light Sensitivity	4/10	Mild-moderate	Mild but persistent.
Sep 2, 2026, 8:48 a.m.	Sleep	Insomnia	5/10	Moderate	—
Sep 2, 2026, 8:38 a.m.	Cardiovascular	Blood Pressure	2/10	Very mild	—
Sep 2, 2026, 8:10 a.m.	Digestive	Appetite	7/10	Severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Sep 1, 2026, 10:59 p.m.	Digestive	Stomach Pain	5/10	Moderate	Stress related possibly.
Sep 1, 2026, 10:33 p.m.	Respiratory	Runny Nose	5/10	Moderate	—
Sep 1, 2026, 10:14 p.m.	General	Dizziness	5/10	Moderate	—
Sep 1, 2026, 9:32 p.m.	Neurological	Brain Fog	2/10	Very mild	Mild but persistent.
Sep 1, 2026, 8:58 p.m.	Digestive	Stomach Pain	8/10	Very severe	Started after lunch.
Sep 1, 2026, 8:44 p.m.	Physical Pain	Nerve Pain	3/10	Mild	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Sep 1, 2026, 8:34 p.m.	Sleep	Restless Sleep	3/10	Mild	—
Sep 1, 2026, 8:30 p.m.	Cardiovascular	Palpitations	8/10	Very severe	First time experiencing this particular symptom at this severity, monitoring closely.
Sep 1, 2026, 8:17 p.m.	Mental Health	Mood	5/10	Moderate	Mild but persistent.
Sep 1, 2026, 8:15 p.m.	Neurological	Migraine	4/10	Mild-moderate	—
Sep 1, 2026, 8:06 p.m.	Physical Pain	Joint Pain	3/10	Mild	—
Sep 1, 2026, 7:48 p.m.	Sleep	Oversleeping	2/10	Very mild	—
Sep 1, 2026, 6:45 p.m.	Mental Health	Irritability	6/10	Moderate-severe	Stress related possibly.
Sep 1, 2026, 6:24 p.m.	Cardiovascular	Palpitations	1/10	Barely noticeable	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Sep 1, 2026, 6:18 p.m.	Mental Health	Sleep Quality	5/10	Moderate	Came on suddenly.
Sep 1, 2026, 5:54 p.m.	Respiratory	Cough	5/10	Moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Sep 1, 2026, 5:03 p.m.	Physical Pain	Nerve Pain	7/10	Severe	Woke up with this.
Sep 1, 2026, 4:51 p.m.	General	Nausea	3/10	Mild	Came on suddenly.
Sep 1, 2026, 4:05 p.m.	Women's Health	Hot Flashes	8/10	Very severe	—
Sep 1, 2026, 3:57 p.m.	Physical Pain	Nerve Pain	2/10	Very mild	—
Sep 1, 2026, 3:31 p.m.	General	Fatigue	6/10	Moderate-severe	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Sep 1, 2026, 2:59 p.m.	Sleep	Restless Sleep	5/10	Moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Sep 1, 2026, 2:41 p.m.	Respiratory	Wheezing	5/10	Moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Sep 1, 2026, 2:09 p.m.	Neurological	Blurred Vision	5/10	Moderate	—
Sep 1, 2026, 1:53 p.m.	Mental Health	Sleep Quality	8/10	Very severe	Came on suddenly.
Sep 1, 2026, 1:29 p.m.	Skin	Itching	3/10	Mild	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Sep 1, 2026, 1:28 p.m.	Neurological	Migraine	3/10	Mild	Better after resting.
Sep 1, 2026, 1:08 p.m.	Cardiovascular	Palpitations	4/10	Mild-moderate	—
Sep 1, 2026, 1:06 p.m.	Skin	Dryness	7/10	Severe	Mild but persistent.
Sep 1, 2026, 12:07 p.m.	General	Dizziness	6/10	Moderate-severe	—
Sep 1, 2026, 12:05 p.m.	Cardiovascular	Blood Pressure	7/10	Severe	Mild but persistent.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Sep 1, 2026, 8:55 a.m.	Cardiovascular	Chest Tightness	1/10	Barely noticeable	Worse in the morning.
Sep 1, 2026, 8:48 a.m.	Skin	Itching	8/10	Very severe	Worse in the morning.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Sep 1, 2026, 8:47 a.m.	General	Fever	3/10	Mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Sep 1, 2026, 8:26 a.m.	General	Fever	5/10	Moderate	—
Sep 1, 2026, 8:20 a.m.	Skin	Dryness	3/10	Mild	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 31, 2026, 10:41 p.m.	General	Nausea	6/10	Moderate-severe	—
Aug 31, 2026, 10:08 p.m.	Cardiovascular	Palpitations	6/10	Moderate-severe	—
Aug 31, 2026, 8:45 p.m.	Physical Pain	Nerve Pain	6/10	Moderate-severe	Stress related possibly.
Aug 31, 2026, 8:22 p.m.	Sleep	Restless Sleep	5/10	Moderate	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 31, 2026, 8:13 p.m.	Respiratory	Wheezing	3/10	Mild	—
Aug 31, 2026, 7:02 p.m.	Skin	Rash	5/10	Moderate	After long walk.
Aug 31, 2026, 6:49 p.m.	General	Dizziness	5/10	Moderate	—
Aug 31, 2026, 6:16 p.m.	Physical Pain	Neck Pain	3/10	Mild	Started after lunch.
Aug 31, 2026, 5:52 p.m.	Physical Pain	Nerve Pain	7/10	Severe	—
Aug 31, 2026, 5:12 p.m.	Respiratory	Wheezing	5/10	Moderate	Worse in the morning.
Aug 31, 2026, 4:20 p.m.	Mental Health	Stress	3/10	Mild	—
Aug 31, 2026, 4:19 p.m.	Mental Health	Irritability	5/10	Moderate	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 31, 2026, 4:12 p.m.	Sleep	Waking Up Tired	2/10	Very mild	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 31, 2026, 2:55 p.m.	Physical Pain	Nerve Pain	10/10	Worst possible	—
Aug 31, 2026, 2:37 p.m.	Neurological	Brain Fog	6/10	Moderate-severe	—
Aug 31, 2026, 2:19 p.m.	Mental Health	Stress	7/10	Severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 31, 2026, 2:08 p.m.	General	Nausea	4/10	Mild-moderate	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 31, 2026, 12:44 p.m.	Mental Health	Anxiety	3/10	Mild	Mild but persistent.
Aug 31, 2026, 12:23 p.m.	Neurological	Brain Fog	6/10	Moderate-severe	—
Aug 31, 2026, 12:21 p.m.	Sleep	Nightmares	6/10	Moderate-severe	—
Aug 31, 2026, 11:40 a.m.	Mental Health	Irritability	7/10	Severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 31, 2026, 11:31 a.m.	Women's Health	Spotting	4/10	Mild-moderate	Woke up with this.
Aug 31, 2026, 11:30 a.m.	Neurological	Brain Fog	6/10	Moderate-severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 31, 2026, 11:25 a.m.	Skin	Rash	7/10	Severe	—
Aug 31, 2026, 11:23 a.m.	Women's Health	Spotting	2/10	Very mild	—
Aug 31, 2026, 11:09 a.m.	Sleep	Insomnia	2/10	Very mild	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 31, 2026, 11:09 a.m.	Respiratory	Shortness of Breath	4/10	Mild-moderate	Started after lunch.
Aug 31, 2026, 11:07 a.m.	Skin	Redness	5/10	Moderate	—
Aug 31, 2026, 11:04 a.m.	Women's Health	Breast Tenderness	7/10	Severe	Worse in the morning.
Aug 31, 2026, 10:37 a.m.	Physical Pain	Joint Pain	8/10	Very severe	After long walk.
Aug 31, 2026, 10:34 a.m.	Mental Health	Mood	6/10	Moderate-severe	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 31, 2026, 10:31 a.m.	Respiratory	Chest Congestion	3/10	Mild	—
Aug 31, 2026, 10:28 a.m.	General	Fever	7/10	Severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 31, 2026, 9:48 a.m.	Cardiovascular	Chest Tightness	6/10	Moderate-severe	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 31, 2026, 8:57 a.m.	Women's Health	Bloating	7/10	Severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 31, 2026, 8:48 a.m.	Physical Pain	Muscle Pain	4/10	Mild-moderate	—
Aug 31, 2026, 8:18 a.m.	Skin	Rash	8/10	Very severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 31, 2026, 8:12 a.m.	Digestive	Stomach Pain	7/10	Severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 31, 2026, 8:11 a.m.	Respiratory	Shortness of Breath	2/10	Very mild	—
Aug 30, 2026, 10:13 p.m.	General	Fatigue	7/10	Severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 30, 2026, 9:32 p.m.	Women's Health	Mood Changes	4/10	Mild-moderate	—
Aug 30, 2026, 9:32 p.m.	Mental Health	Stress	5/10	Moderate	—
Aug 30, 2026, 9:26 p.m.	Sleep	Waking Up Tired	7/10	Severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 30, 2026, 9:23 p.m.	General	Fatigue	4/10	Mild-moderate	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 30, 2026, 9:18 p.m.	Neurological	Blurred Vision	7/10	Severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 30, 2026, 9:13 p.m.	Respiratory	Sore Throat	3/10	Mild	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 30, 2026, 8:55 p.m.	Mental Health	Anxiety	6/10	Moderate-severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 30, 2026, 8:40 p.m.	Skin	Dryness	5/10	Moderate	Started after lunch.
Aug 30, 2026, 7:52 p.m.	Skin	Redness	1/10	Barely noticeable	—
Aug 30, 2026, 7:06 p.m.	Cardiovascular	Heart Rate	7/10	Severe	Came on suddenly.
Aug 30, 2026, 7:00 p.m.	Cardiovascular	Palpitations	9/10	Extreme	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 30, 2026, 6:53 p.m.	Skin	Redness	1/10	Barely noticeable	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 30, 2026, 6:11 p.m.	Digestive	Appetite	7/10	Severe	Woke up with this.
Aug 30, 2026, 5:30 p.m.	General	Dizziness	4/10	Mild-moderate	Worse in the morning.
Aug 30, 2026, 4:45 p.m.	General	Pain	5/10	Moderate	—
Aug 30, 2026, 4:19 p.m.	Women's Health	Breast Tenderness	6/10	Moderate-severe	Mild but persistent.
Aug 30, 2026, 3:53 p.m.	Respiratory	Chest Congestion	5/10	Moderate	—
Aug 30, 2026, 2:47 p.m.	Respiratory	Runny Nose	4/10	Mild-moderate	—
Aug 30, 2026, 2:19 p.m.	Sleep	Nightmares	2/10	Very mild	Worse in the morning.
Aug 30, 2026, 1:35 p.m.	Physical Pain	Neck Pain	6/10	Moderate-severe	—
Aug 30, 2026, 12:38 p.m.	Neurological	Tingling	5/10	Moderate	—
Aug 30, 2026, 12:37 p.m.	Digestive	Stomach Pain	8/10	Very severe	—
Aug 30, 2026, 12:12 p.m.	Sleep	Insomnia	6/10	Moderate-severe	—
Aug 30, 2026, 11:42 a.m.	Neurological	Brain Fog	5/10	Moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 30, 2026, 11:31 a.m.	Digestive	Nausea	8/10	Very severe	Worse in the morning.
Aug 30, 2026, 10:25 a.m.	Physical Pain	Muscle Pain	10/10	Worst possible	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 30, 2026, 10:09 a.m.	Women's Health	Mood Changes	9/10	Extreme	—
Aug 30, 2026, 9:54 a.m.	Neurological	Light Sensitivity	8/10	Very severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 30, 2026, 9:46 a.m.	Women's Health	Bloating	4/10	Mild-moderate	—
Aug 30, 2026, 8:34 a.m.	Sleep	Nightmares	3/10	Mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 30, 2026, 8:32 a.m.	General	Headache	8/10	Very severe	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 29, 2026, 10:02 p.m.	Neurological	Blurred Vision	5/10	Moderate	Better after resting.
Aug 29, 2026, 9:25 p.m.	Cardiovascular	Heart Rate	8/10	Very severe	After long walk.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 29, 2026, 8:48 p.m.	Respiratory	Shortness of Breath	6/10	Moderate-severe	Mild but persistent.
Aug 29, 2026, 7:31 p.m.	Women's Health	Cramps	9/10	Extreme	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 29, 2026, 7:27 p.m.	Skin	Redness	3/10	Mild	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 29, 2026, 6:57 p.m.	Respiratory	Chest Congestion	5/10	Moderate	—

Date & Time	System	Symptom	Sev.	Description	Note
Aug 29, 2026, 6:43 p.m.	Respiratory	Runny Nose	7/10	Severe	—
Aug 29, 2026, 6:11 p.m.	Neurological	Blurred Vision	7/10	Severe	—
Aug 29, 2026, 5:46 p.m.	Mental Health	Anxiety	5/10	Moderate	—
Aug 29, 2026, 5:34 p.m.	General	Pain	6/10	Moderate-severe	—
Aug 29, 2026, 5:29 p.m.	Mental Health	Anxiety	3/10	Mild	Started after lunch.
Aug 29, 2026, 5:09 p.m.	Cardiovascular	Blood Pressure	6/10	Moderate-severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 29, 2026, 5:03 p.m.	Skin	Redness	8/10	Very severe	—
Aug 29, 2026, 4:48 p.m.	General	Fever	4/10	Mild-moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 29, 2026, 4:30 p.m.	Cardiovascular	Blood Pressure	3/10	Mild	After long walk.
Aug 29, 2026, 4:27 p.m.	Cardiovascular	Palpitations	1/10	Barely noticeable	—
Aug 29, 2026, 4:03 p.m.	Digestive	Stomach Pain	6/10	Moderate-severe	Mild but persistent.
Aug 29, 2026, 3:52 p.m.	Women's Health	Hot Flashes	4/10	Mild-moderate	—
Aug 29, 2026, 3:19 p.m.	Skin	Acne Flare-up	4/10	Mild-moderate	—
Aug 29, 2026, 3:17 p.m.	Digestive	Appetite	4/10	Mild-moderate	—
Aug 29, 2026, 3:00 p.m.	Mental Health	Irritability	2/10	Very mild	—
Aug 29, 2026, 2:40 p.m.	Women's Health	Bloating	2/10	Very mild	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 29, 2026, 1:15 p.m.	General	Nausea	6/10	Moderate-severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 29, 2026, 1:14 p.m.	Women's Health	Hot Flashes	1/10	Barely noticeable	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 29, 2026, 12:26 p.m.	Neurological	Migraine	2/10	Very mild	Woke up with this.
Aug 29, 2026, 11:40 a.m.	Sleep	Insomnia	6/10	Moderate-severe	Worse in the morning.
Aug 29, 2026, 11:34 a.m.	Women's Health	Spotting	3/10	Mild	—
Aug 29, 2026, 11:31 a.m.	Women's Health	Fatigue	7/10	Severe	Came on suddenly.
Aug 29, 2026, 11:21 a.m.	General	Nausea	4/10	Mild-moderate	Mild but persistent.
Aug 29, 2026, 11:13 a.m.	Cardiovascular	Chest Tightness	4/10	Mild-moderate	Came on suddenly.
Aug 29, 2026, 11:04 a.m.	Cardiovascular	Blood Pressure	8/10	Very severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 29, 2026, 10:51 a.m.	Respiratory	Sore Throat	5/10	Moderate	Came on suddenly.
Aug 29, 2026, 10:40 a.m.	Neurological	Tingling	5/10	Moderate	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 29, 2026, 10:29 a.m.	Physical Pain	Nerve Pain	10/10	Worst possible	—
Aug 29, 2026, 9:47 a.m.	Women's Health	Bloating	1/10	Barely noticeable	—
Aug 29, 2026, 9:10 a.m.	Physical Pain	Muscle Pain	6/10	Moderate-severe	—
Aug 29, 2026, 8:30 a.m.	Skin	Swelling	6/10	Moderate-severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 29, 2026, 8:30 a.m.	Women's Health	Breast Tenderness	7/10	Severe	Mild but persistent.
Aug 29, 2026, 8:07 a.m.	Cardiovascular	Blood Pressure	6/10	Moderate-severe	—
Aug 29, 2026, 8:03 a.m.	Neurological	Migraine	6/10	Moderate-severe	Stress related possibly.
Aug 28, 2026, 10:31 p.m.	Skin	Hives	4/10	Mild-moderate	Started after lunch.
Aug 28, 2026, 10:03 p.m.	Skin	Hives	4/10	Mild-moderate	Worse in the morning.
Aug 28, 2026, 9:39 p.m.	Respiratory	Sore Throat	1/10	Barely noticeable	Mild but persistent.
Aug 28, 2026, 9:31 p.m.	Neurological	Tremor	4/10	Mild-moderate	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 28, 2026, 8:35 p.m.	Digestive	Appetite	5/10	Moderate	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 28, 2026, 8:08 p.m.	Digestive	Bloating	7/10	Severe	—

Date & Time	System	Symptom	Sev.	Description	Note
Aug 28, 2026, 8:07 p.m.	Neurological	Light Sensitivity	3/10	Mild	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 28, 2026, 7:53 p.m.	Physical Pain	Joint Pain	1/10	Barely noticeable	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 28, 2026, 7:09 p.m.	General	Nausea	7/10	Severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 28, 2026, 7:02 p.m.	Mental Health	Anxiety	5/10	Moderate	—
Aug 28, 2026, 7:00 p.m.	Cardiovascular	Chest Tightness	7/10	Severe	Stress related possibly.
Aug 28, 2026, 6:33 p.m.	Respiratory	Sore Throat	3/10	Mild	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 28, 2026, 6:28 p.m.	Skin	Dryness	5/10	Moderate	—
Aug 28, 2026, 6:27 p.m.	Sleep	Restless Sleep	5/10	Moderate	Stress related possibly.
Aug 28, 2026, 6:03 p.m.	Neurological	Light Sensitivity	2/10	Very mild	—
Aug 28, 2026, 5:51 p.m.	Respiratory	Chest Congestion	3/10	Mild	—
Aug 28, 2026, 5:20 p.m.	Women's Health	Spotting	2/10	Very mild	—
Aug 28, 2026, 4:58 p.m.	Mental Health	Stress	8/10	Very severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 28, 2026, 4:28 p.m.	Neurological	Numbness	5/10	Moderate	Stress related possibly.
Aug 28, 2026, 4:24 p.m.	Cardiovascular	Heart Rate	1/10	Barely noticeable	—
Aug 28, 2026, 4:16 p.m.	Neurological	Tremor	4/10	Mild-moderate	—
Aug 28, 2026, 3:34 p.m.	Neurological	Numbness	4/10	Mild-moderate	—
Aug 28, 2026, 2:39 p.m.	Sleep	Waking Up Tired	2/10	Very mild	—
Aug 28, 2026, 1:46 p.m.	Skin	Itching	6/10	Moderate-severe	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 28, 2026, 1:21 p.m.	Sleep	Snoring	5/10	Moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 28, 2026, 1:11 p.m.	Mental Health	Irritability	5/10	Moderate	Woke up with this.
Aug 28, 2026, 12:56 p.m.	Digestive	Nausea	9/10	Extreme	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 28, 2026, 12:13 p.m.	Sleep	Nightmares	2/10	Very mild	—
Aug 28, 2026, 12:06 p.m.	Respiratory	Sore Throat	4/10	Mild-moderate	—
Aug 28, 2026, 12:02 p.m.	General	Fatigue	3/10	Mild	Came on suddenly.
Aug 28, 2026, 11:31 a.m.	Physical Pain	Muscle Pain	1/10	Barely noticeable	—
Aug 28, 2026, 10:09 a.m.	Mental Health	Anxiety	7/10	Severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 28, 2026, 9:34 a.m.	Mental Health	Irritability	6/10	Moderate-severe	Stress related possibly.
Aug 28, 2026, 8:55 a.m.	Women's Health	Bloating	2/10	Very mild	—
Aug 28, 2026, 8:23 a.m.	Mental Health	Mood	2/10	Very mild	—
Aug 28, 2026, 8:11 a.m.	Neurological	Blurred Vision	6/10	Moderate-severe	—
Aug 27, 2026, 10:28 p.m.	Women's Health	Spotting	8/10	Very severe	—
Aug 27, 2026, 9:11 p.m.	Neurological	Migraine	6/10	Moderate-severe	—
Aug 27, 2026, 9:01 p.m.	Cardiovascular	Palpitations	10/10	Worst possible	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 27, 2026, 6:55 p.m.	Digestive	Nausea	8/10	Very severe	Stress related possibly.
Aug 27, 2026, 6:35 p.m.	Respiratory	Wheezing	4/10	Mild-moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 27, 2026, 5:46 p.m.	General	Headache	5/10	Moderate	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 27, 2026, 4:18 p.m.	Mental Health	Mood	6/10	Moderate-severe	Better after resting.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 27, 2026, 3:39 p.m.	Digestive	Nausea	7/10	Severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 27, 2026, 2:24 p.m.	Women's Health	Bloating	8/10	Very severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 27, 2026, 2:02 p.m.	Cardiovascular	Heart Rate	1/10	Barely noticeable	Woke up with this.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 27, 2026, 1:55 p.m.	Respiratory	Cough	3/10	Mild	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 27, 2026, 1:19 p.m.	Cardiovascular	Heart Rate	7/10	Severe	Started after lunch.
Aug 27, 2026, 1:15 p.m.	Neurological	Light Sensitivity	2/10	Very mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 27, 2026, 12:55 p.m.	Respiratory	Cough	4/10	Mild-moderate	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 27, 2026, 10:10 a.m.	General	Fatigue	4/10	Mild-moderate	—
Aug 27, 2026, 10:02 a.m.	Neurological	Tingling	8/10	Very severe	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 27, 2026, 10:00 a.m.	Sleep	Snoring	2/10	Very mild	Came on suddenly.
Aug 27, 2026, 9:43 a.m.	Digestive	Nausea	7/10	Severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 27, 2026, 9:00 a.m.	Digestive	Appetite	6/10	Moderate-severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 27, 2026, 8:50 a.m.	Respiratory	Wheezing	6/10	Moderate-severe	—
Aug 27, 2026, 8:23 a.m.	Women's Health	Headache	5/10	Moderate	Stress related possibly.
Aug 26, 2026, 10:57 p.m.	Digestive	Appetite	9/10	Extreme	—
Aug 26, 2026, 10:30 p.m.	Neurological	Brain Fog	3/10	Mild	—
Aug 26, 2026, 10:20 p.m.	Physical Pain	Back Pain	8/10	Very severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 26, 2026, 9:27 p.m.	General	Fever	6/10	Moderate-severe	Mild but persistent.
Aug 26, 2026, 8:47 p.m.	Physical Pain	Back Pain	4/10	Mild-moderate	—
Aug 26, 2026, 7:48 p.m.	Sleep	Oversleeping	3/10	Mild	Stress related possibly.
Aug 26, 2026, 7:32 p.m.	Respiratory	Wheezing	5/10	Moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 26, 2026, 7:26 p.m.	Women's Health	Breast Tenderness	5/10	Moderate	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 26, 2026, 7:07 p.m.	Cardiovascular	Blood Pressure	6/10	Moderate-severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 26, 2026, 6:50 p.m.	Cardiovascular	Chest Tightness	9/10	Extreme	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 26, 2026, 6:40 p.m.	Sleep	Nightmares	3/10	Mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 26, 2026, 6:37 p.m.	Physical Pain	Headache	5/10	Moderate	—
Aug 26, 2026, 6:01 p.m.	Respiratory	Shortness of Breath	7/10	Severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 26, 2026, 5:32 p.m.	Skin	Acne Flare-up	8/10	Very severe	Woke up with this.
Aug 26, 2026, 5:22 p.m.	Sleep	Oversleeping	3/10	Mild	—
Aug 26, 2026, 5:06 p.m.	Mental Health	Anxiety	6/10	Moderate-severe	Worse in the morning.
Aug 26, 2026, 4:47 p.m.	Neurological	Tremor	4/10	Mild-moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 26, 2026, 4:36 p.m.	Digestive	Bowel Changes	7/10	Severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 26, 2026, 4:22 p.m.	Women's Health	Spotting	2/10	Very mild	—
Aug 26, 2026, 4:12 p.m.	Women's Health	Headache	10/10	Worst possible	Woke up with this.
Aug 26, 2026, 3:12 p.m.	General	Headache	5/10	Moderate	Stress related possibly.
Aug 26, 2026, 3:03 p.m.	Mental Health	Irritability	7/10	Severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 26, 2026, 1:49 p.m.	Respiratory	Sore Throat	8/10	Very severe	Mild but persistent.
Aug 26, 2026, 1:41 p.m.	Respiratory	Sore Throat	7/10	Severe	Better after resting.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 26, 2026, 1:00 p.m.	Women's Health	Cramps	6/10	Moderate-severe	—
Aug 26, 2026, 12:41 p.m.	Physical Pain	Neck Pain	7/10	Severe	—
Aug 26, 2026, 11:27 a.m.	Respiratory	Shortness of Breath	5/10	Moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 26, 2026, 10:58 a.m.	Sleep	Waking Up Tired	3/10	Mild	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 26, 2026, 10:58 a.m.	Women's Health	Bloating	4/10	Mild-moderate	Better after resting.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 26, 2026, 10:22 a.m.	Respiratory	Cough	5/10	Moderate	Better after resting.
Aug 26, 2026, 9:41 a.m.	Digestive	Nausea	9/10	Extreme	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 25, 2026, 10:57 p.m.	Respiratory	Wheezing	7/10	Severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 25, 2026, 10:24 p.m.	Women's Health	Fatigue	1/10	Barely noticeable	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 25, 2026, 8:59 p.m.	Digestive	Bloating	9/10	Extreme	—
Aug 25, 2026, 8:23 p.m.	Respiratory	Cough	7/10	Severe	Worse in the morning.
Aug 25, 2026, 6:54 p.m.	Physical Pain	Neck Pain	7/10	Severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 25, 2026, 6:44 p.m.	Women's Health	Breast Tenderness	7/10	Severe	—
Aug 25, 2026, 6:29 p.m.	Neurological	Light Sensitivity	5/10	Moderate	—
Aug 25, 2026, 6:12 p.m.	Physical Pain	Neck Pain	9/10	Extreme	Stress related possibly.
Aug 25, 2026, 6:10 p.m.	Physical Pain	Muscle Pain	4/10	Mild-moderate	—
Aug 25, 2026, 5:59 p.m.	Sleep	Restless Sleep	6/10	Moderate-severe	Stress related possibly.
Aug 25, 2026, 5:33 p.m.	Physical Pain	Back Pain	2/10	Very mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 25, 2026, 5:07 p.m.	Skin	Dryness	8/10	Very severe	Came on suddenly.
Aug 25, 2026, 4:56 p.m.	Cardiovascular	Blood Pressure	2/10	Very mild	Came on suddenly.
Aug 25, 2026, 3:55 p.m.	Sleep	Snoring	4/10	Mild-moderate	Stress related possibly.
Aug 25, 2026, 3:47 p.m.	Skin	Redness	3/10	Mild	Woke up with this.
Aug 25, 2026, 3:42 p.m.	Digestive	Nausea	8/10	Very severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 25, 2026, 3:13 p.m.	Digestive	Stomach Pain	8/10	Very severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 25, 2026, 3:12 p.m.	Skin	Acne Flare-up	6/10	Moderate-severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 25, 2026, 3:07 p.m.	General	Fever	6/10	Moderate-severe	—
Aug 25, 2026, 2:51 p.m.	Sleep	Snoring	7/10	Severe	Stress related possibly.
Aug 25, 2026, 2:33 p.m.	Neurological	Tingling	2/10	Very mild	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 25, 2026, 1:27 p.m.	Cardiovascular	Chest Tightness	6/10	Moderate-severe	—
Aug 25, 2026, 12:49 p.m.	Physical Pain	Joint Pain	7/10	Severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 25, 2026, 12:41 p.m.	Skin	Redness	4/10	Mild-moderate	—
Aug 25, 2026, 12:28 p.m.	General	Pain	5/10	Moderate	—
Aug 25, 2026, 12:19 p.m.	General	Pain	4/10	Mild-moderate	Started after lunch.
Aug 25, 2026, 11:43 a.m.	Women's Health	Spotting	5/10	Moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 25, 2026, 11:28 a.m.	Women's Health	Fatigue	1/10	Barely noticeable	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 25, 2026, 11:21 a.m.	Cardiovascular	Palpitations	7/10	Severe	—
Aug 25, 2026, 9:41 a.m.	Sleep	Waking Up Tired	3/10	Mild	—
Aug 25, 2026, 8:46 a.m.	Respiratory	Chest Congestion	7/10	Severe	Started after lunch.
Aug 24, 2026, 10:14 p.m.	Cardiovascular	Heart Rate	5/10	Moderate	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 24, 2026, 10:09 p.m.	Digestive	Bloating	7/10	Severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 24, 2026, 9:55 p.m.	Digestive	Appetite	8/10	Very severe	Better after resting.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 24, 2026, 9:37 p.m.	Physical Pain	Muscle Pain	2/10	Very mild	Worse in the morning.
Aug 24, 2026, 9:33 p.m.	Digestive	Appetite	8/10	Very severe	—
Aug 24, 2026, 7:54 p.m.	Sleep	Nightmares	4/10	Mild-moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 24, 2026, 7:48 p.m.	General	Pain	8/10	Very severe	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 24, 2026, 7:02 p.m.	Neurological	Migraine	1/10	Barely noticeable	—
Aug 24, 2026, 6:59 p.m.	Sleep	Waking Up Tired	2/10	Very mild	—
Aug 24, 2026, 6:55 p.m.	Sleep	Waking Up Tired	3/10	Mild	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 24, 2026, 6:02 p.m.	Mental Health	Stress	8/10	Very severe	
Aug 24, 2026, 5:31 p.m.	Neurological	Migraine	5/10	Moderate	After long walk.
Aug 24, 2026, 5:09 p.m.	Sleep	Restless Sleep	6/10	Moderate-severe	—
Aug 24, 2026, 4:57 p.m.	Skin	Acne Flare-up	5/10	Moderate	—
Aug 24, 2026, 4:19 p.m.	Neurological	Tremor	6/10	Moderate-severe	Started after lunch.
Aug 24, 2026, 3:59 p.m.	Skin	Swelling	7/10	Severe	Better after resting.
Aug 24, 2026, 3:53 p.m.	Cardiovascular	Palpitations	7/10	Severe	—
Aug 24, 2026, 3:32 p.m.	Neurological	Tremor	2/10	Very mild	—
Aug 24, 2026, 2:57 p.m.	Physical Pain	Nerve Pain	10/10	Worst possible	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 24, 2026, 12:58 p.m.	Skin	Acne Flare-up	4/10	Mild-moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 24, 2026, 12:45 p.m.	Physical Pain	Back Pain	9/10	Extreme	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 24, 2026, 12:24 p.m.	Mental Health	Irritability	4/10	Mild-moderate	Better after resting.
Aug 24, 2026, 12:10 p.m.	Respiratory	Runny Nose	6/10	Moderate-severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 24, 2026, 12:03 p.m.	Skin	Hives	7/10	Severe	Mild but persistent.
Aug 24, 2026, 12:00 p.m.	Cardiovascular	Blood Pressure	1/10	Barely noticeable	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 24, 2026, 10:23 a.m.	Mental Health	Mood	5/10	Moderate	—
Aug 24, 2026, 9:09 a.m.	Cardiovascular	Palpitations	7/10	Severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 24, 2026, 8:34 a.m.	Physical Pain	Nerve Pain	4/10	Mild-moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 24, 2026, 8:32 a.m.	Physical Pain	Muscle Pain	8/10	Very severe	—
Aug 23, 2026, 10:45 p.m.	Skin	Redness	6/10	Moderate-severe	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 23, 2026, 10:32 p.m.	Skin	Rash	6/10	Moderate-severe	—
Aug 23, 2026, 9:47 p.m.	Digestive	Bloating	5/10	Moderate	After long walk.
Aug 23, 2026, 8:46 p.m.	Respiratory	Wheezing	4/10	Mild-moderate	—
Aug 23, 2026, 8:12 p.m.	Digestive	Bloating	10/10	Worst possible	—
Aug 23, 2026, 8:11 p.m.	Skin	Acne Flare-up	2/10	Very mild	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 23, 2026, 8:06 p.m.	Respiratory	Sore Throat	4/10	Mild-moderate	—
Aug 23, 2026, 7:38 p.m.	Cardiovascular	Chest Tightness	3/10	Mild	—
Aug 23, 2026, 7:35 p.m.	Neurological	Tingling	2/10	Very mild	Worse in the morning.
Aug 23, 2026, 6:55 p.m.	Digestive	Appetite	7/10	Severe	—
Aug 23, 2026, 6:54 p.m.	Women's Health	Mood Changes	7/10	Severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 23, 2026, 6:46 p.m.	Mental Health	Sleep Quality	8/10	Very severe	Worse in the morning.
Aug 23, 2026, 5:48 p.m.	Women's Health	Bloating	1/10	Barely noticeable	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 23, 2026, 5:22 p.m.	Digestive	Appetite	6/10	Moderate-severe	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 23, 2026, 4:31 p.m.	General	Fatigue	5/10	Moderate	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 23, 2026, 4:25 p.m.	General	Headache	6/10	Moderate-severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 23, 2026, 4:02 p.m.	Physical Pain	Joint Pain	7/10	Severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 23, 2026, 3:59 p.m.	Skin	Swelling	4/10	Mild-moderate	Woke up with this.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 23, 2026, 3:37 p.m.	Physical Pain	Neck Pain	4/10	Mild-moderate	Stress related possibly.
Aug 23, 2026, 3:30 p.m.	Neurological	Blurred Vision	3/10	Mild	—
Aug 23, 2026, 2:40 p.m.	Cardiovascular	Blood Pressure	2/10	Very mild	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 23, 2026, 2:36 p.m.	Skin	Swelling	7/10	Severe	—
Aug 23, 2026, 2:27 p.m.	Women's Health	Fatigue	4/10	Mild-moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 23, 2026, 1:25 p.m.	Sleep	Waking Up Tired	2/10	Very mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 23, 2026, 1:17 p.m.	Respiratory	Chest Congestion	2/10	Very mild	—
Aug 23, 2026, 12:52 p.m.	Skin	Hives	9/10	Extreme	Better after resting.
Aug 23, 2026, 12:33 p.m.	Neurological	Tremor	5/10	Moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 23, 2026, 12:03 p.m.	Sleep	Waking Up Tired	5/10	Moderate	—
Aug 23, 2026, 11:00 a.m.	Women's Health	Spotting	4/10	Mild-moderate	Stress related possibly.
Aug 23, 2026, 10:38 a.m.	Neurological	Tremor	4/10	Mild-moderate	—
Aug 23, 2026, 10:09 a.m.	Women's Health	Breast Tenderness	2/10	Very mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 23, 2026, 10:00 a.m.	Mental Health	Irritability	4/10	Mild-moderate	—
Aug 23, 2026, 9:40 a.m.	Cardiovascular	Heart Rate	5/10	Moderate	Started after lunch.
Aug 23, 2026, 8:33 a.m.	Neurological	Brain Fog	6/10	Moderate-severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 23, 2026, 8:24 a.m.	Mental Health	Stress	7/10	Severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 22, 2026, 10:13 p.m.	General	Pain	5/10	Moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 22, 2026, 10:12 p.m.	Women's Health	Bloating	2/10	Very mild	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 22, 2026, 10:08 p.m.	Digestive	Appetite	6/10	Moderate-severe	—
Aug 22, 2026, 9:58 p.m.	Physical Pain	Headache	3/10	Mild	—
Aug 22, 2026, 8:55 p.m.	General	Nausea	3/10	Mild	Mild but persistent.
Aug 22, 2026, 8:48 p.m.	Skin	Hives	1/10	Barely noticeable	Mild but persistent.
Aug 22, 2026, 8:40 p.m.	Skin	Hives	4/10	Mild-moderate	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 22, 2026, 8:02 p.m.	General	Headache	7/10	Severe	—
Aug 22, 2026, 8:01 p.m.	Mental Health	Stress	4/10	Mild-moderate	—
Aug 22, 2026, 7:57 p.m.	Respiratory	Runny Nose	6/10	Moderate-severe	—
Aug 22, 2026, 7:52 p.m.	Sleep	Nightmares	3/10	Mild	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 22, 2026, 7:17 p.m.	Cardiovascular	Blood Pressure	4/10	Mild-moderate	—
Aug 22, 2026, 5:54 p.m.	Neurological	Light Sensitivity	5/10	Moderate	—
Aug 22, 2026, 5:43 p.m.	Physical Pain	Headache	1/10	Barely noticeable	—
Aug 22, 2026, 5:01 p.m.	Women's Health	Mood Changes	8/10	Very severe	—
Aug 22, 2026, 4:58 p.m.	Women's Health	Headache	10/10	Worst possible	Worse in the morning.
Aug 22, 2026, 4:50 p.m.	General	Pain	7/10	Severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 22, 2026, 4:49 p.m.	Sleep	Waking Up Tired	7/10	Severe	Woke up with this.
Aug 22, 2026, 4:15 p.m.	Neurological	Numbness	4/10	Mild-moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 22, 2026, 3:25 p.m.	General	Fatigue	3/10	Mild	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 22, 2026, 3:20 p.m.	Physical Pain	Headache	4/10	Mild-moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 22, 2026, 2:56 p.m.	Cardiovascular	Chest Tightness	7/10	Severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 22, 2026, 2:27 p.m.	Respiratory	Shortness of Breath	7/10	Severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 22, 2026, 2:27 p.m.	Digestive	Appetite	6/10	Moderate-severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 22, 2026, 2:13 p.m.	General	Dizziness	3/10	Mild	Woke up with this.
Aug 22, 2026, 2:03 p.m.	Cardiovascular	Chest Tightness	1/10	Barely noticeable	—
Aug 22, 2026, 1:49 p.m.	Physical Pain	Joint Pain	7/10	Severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 22, 2026, 1:11 p.m.	Neurological	Migraine	6/10	Moderate-severe	—
Aug 22, 2026, 1:06 p.m.	Mental Health	Mood	6/10	Moderate-severe	Better after resting.
Aug 22, 2026, 12:35 p.m.	Mental Health	Mood	3/10	Mild	—
Aug 22, 2026, 12:29 p.m.	Skin	Dryness	8/10	Very severe	—
Aug 22, 2026, 11:53 a.m.	Digestive	Nausea	10/10	Worst possible	—
Aug 22, 2026, 11:31 a.m.	Skin	Rash	8/10	Very severe	Woke up with this.
Aug 22, 2026, 11:23 a.m.	Skin	Dryness	6/10	Moderate-severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 22, 2026, 11:14 a.m.	Digestive	Stomach Pain	5/10	Moderate	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 22, 2026, 10:37 a.m.	Digestive	Appetite	8/10	Very severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 22, 2026, 10:06 a.m.	Cardiovascular	Heart Rate	7/10	Severe	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 22, 2026, 10:05 a.m.	Skin	Rash	9/10	Extreme	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 22, 2026, 10:03 a.m.	Mental Health	Mood	6/10	Moderate-severe	Woke up with this.
Aug 22, 2026, 9:04 a.m.	Cardiovascular	Blood Pressure	1/10	Barely noticeable	—
Aug 22, 2026, 8:05 a.m.	Sleep	Nightmares	4/10	Mild-moderate	After long walk.
Aug 22, 2026, 8:05 a.m.	Skin	Acne Flare-up	3/10	Mild	Stress related possibly.
Aug 21, 2026, 10:43 p.m.	Sleep	Oversleeping	5/10	Moderate	—
Aug 21, 2026, 9:27 p.m.	Sleep	Oversleeping	5/10	Moderate	—
Aug 21, 2026, 8:42 p.m.	Skin	Redness	6/10	Moderate-severe	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 21, 2026, 8:10 p.m.	General	Dizziness	5/10	Moderate	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 21, 2026, 8:04 p.m.	Digestive	Appetite	8/10	Very severe	—
Aug 21, 2026, 7:59 p.m.	Respiratory	Sore Throat	3/10	Mild	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 21, 2026, 7:31 p.m.	Mental Health	Mood	7/10	Severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 21, 2026, 6:14 p.m.	Mental Health	Stress	7/10	Severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 21, 2026, 5:40 p.m.	Skin	Hives	6/10	Moderate-severe	After long walk.
Aug 21, 2026, 5:29 p.m.	Women's Health	Bloating	8/10	Very severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 21, 2026, 4:49 p.m.	Women's Health	Hot Flashes	7/10	Severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 21, 2026, 4:41 p.m.	Digestive	Nausea	6/10	Moderate-severe	—
Aug 21, 2026, 3:50 p.m.	Physical Pain	Joint Pain	6/10	Moderate-severe	After long walk.
Aug 21, 2026, 3:41 p.m.	Women's Health	Fatigue	4/10	Mild-moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 21, 2026, 2:15 p.m.	Sleep	Insomnia	4/10	Mild-moderate	—
Aug 21, 2026, 1:13 p.m.	Neurological	Blurred Vision	5/10	Moderate	Came on suddenly.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 21, 2026, 1:00 p.m.	Respiratory	Chest Congestion	4/10	Mild-moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 21, 2026, 12:55 p.m.	Mental Health	Anxiety	4/10	Mild-moderate	—
Aug 21, 2026, 12:38 p.m.	Sleep	Waking Up Tired	4/10	Mild-moderate	Started after lunch.
Aug 21, 2026, 11:47 a.m.	Neurological	Blurred Vision	5/10	Moderate	—
Aug 21, 2026, 11:44 a.m.	Women's Health	Headache	7/10	Severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 21, 2026, 11:42 a.m.	Physical Pain	Nerve Pain	2/10	Very mild	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 21, 2026, 11:29 a.m.	Cardiovascular	Heart Rate	1/10	Barely noticeable	—
Aug 21, 2026, 10:59 a.m.	Women's Health	Hot Flashes	5/10	Moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 21, 2026, 10:59 a.m.	Women's Health	Hot Flashes	2/10	Very mild	—
Aug 21, 2026, 10:53 a.m.	Skin	Itching	8/10	Very severe	—
Aug 21, 2026, 10:42 a.m.	Neurological	Numbness	5/10	Moderate	—
Aug 21, 2026, 10:37 a.m.	Cardiovascular	Blood Pressure	5/10	Moderate	Better after resting.
Aug 21, 2026, 10:32 a.m.	Cardiovascular	Heart Rate	3/10	Mild	—
Aug 21, 2026, 10:10 a.m.	Women's Health	Mood Changes	1/10	Barely noticeable	—
Aug 21, 2026, 9:05 a.m.	Women's Health	Breast Tenderness	1/10	Barely noticeable	Came on suddenly.
Aug 20, 2026, 10:51 p.m.	Women's Health	Hot Flashes	1/10	Barely noticeable	—
Aug 20, 2026, 10:50 p.m.	Sleep	Nightmares	5/10	Moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 20, 2026, 10:50 p.m.	Mental Health	Mood	5/10	Moderate	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 20, 2026, 10:24 p.m.	Physical Pain	Back Pain	6/10	Moderate-severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 20, 2026, 10:20 p.m.	Respiratory	Chest Congestion	5/10	Moderate	Mild but persistent.
Aug 20, 2026, 10:15 p.m.	Sleep	Restless Sleep	4/10	Mild-moderate	—
Aug 20, 2026, 9:29 p.m.	Skin	Hives	3/10	Mild	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 20, 2026, 9:16 p.m.	Women's Health	Spotting	6/10	Moderate-severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 20, 2026, 9:14 p.m.	Cardiovascular	Palpitations	5/10	Moderate	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 20, 2026, 9:06 p.m.	General	Pain	4/10	Mild-moderate	Stress related possibly.
Aug 20, 2026, 8:58 p.m.	Sleep	Restless Sleep	2/10	Very mild	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 20, 2026, 8:38 p.m.	Cardiovascular	Heart Rate	8/10	Very severe	Better after resting.
Aug 20, 2026, 8:30 p.m.	Mental Health	Sleep Quality	6/10	Moderate-severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 20, 2026, 8:14 p.m.	Mental Health	Anxiety	5/10	Moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 20, 2026, 8:00 p.m.	Neurological	Brain Fog	5/10	Moderate	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 20, 2026, 7:47 p.m.	Neurological	Tingling	4/10	Mild-moderate	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 20, 2026, 7:44 p.m.	Neurological	Numbness	7/10	Severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 20, 2026, 7:24 p.m.	Physical Pain	Neck Pain	1/10	Barely noticeable	—
Aug 20, 2026, 6:54 p.m.	Digestive	Nausea	9/10	Extreme	Stress related possibly.
Aug 20, 2026, 6:43 p.m.	Physical Pain	Muscle Pain	7/10	Severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 20, 2026, 6:03 p.m.	Women's Health	Hot Flashes	10/10	Worst possible	—
Aug 20, 2026, 6:02 p.m.	Women's Health	Headache	7/10	Severe	—
Aug 20, 2026, 4:37 p.m.	Mental Health	Sleep Quality	4/10	Mild-moderate	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 20, 2026, 2:27 p.m.	Skin	Rash	1/10	Barely noticeable	After long walk.
Aug 20, 2026, 1:49 p.m.	Women's Health	Breast Tenderness	9/10	Extreme	Better after resting.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 20, 2026, 1:41 p.m.	Cardiovascular	Chest Tightness	1/10	Barely noticeable	Came on suddenly.
Aug 20, 2026, 1:35 p.m.	Women's Health	Hot Flashes	2/10	Very mild	Came on suddenly.
Aug 20, 2026, 12:53 p.m.	Cardiovascular	Chest Tightness	10/10	Worst possible	Came on suddenly.
Aug 20, 2026, 12:37 p.m.	Physical Pain	Nerve Pain	2/10	Very mild	Better after resting.
Aug 20, 2026, 12:21 p.m.	Digestive	Bowel Changes	6/10	Moderate-severe	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 20, 2026, 11:52 a.m.	Skin	Hives	1/10	Barely noticeable	—
Aug 20, 2026, 11:29 a.m.	Respiratory	Shortness of Breath	7/10	Severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 20, 2026, 10:51 a.m.	Cardiovascular	Blood Pressure	4/10	Mild-moderate	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 20, 2026, 10:45 a.m.	Women's Health	Bloating	2/10	Very mild	—
Aug 20, 2026, 10:31 a.m.	Women's Health	Bloating	4/10	Mild-moderate	Better after resting.
Aug 20, 2026, 10:20 a.m.	Physical Pain	Neck Pain	5/10	Moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 20, 2026, 9:50 a.m.	Digestive	Nausea	8/10	Very severe	—
Aug 20, 2026, 9:45 a.m.	Cardiovascular	Palpitations	5/10	Moderate	Stress related possibly.
Aug 20, 2026, 9:24 a.m.	Digestive	Stomach Pain	6/10	Moderate-severe	—
Aug 20, 2026, 8:46 a.m.	Digestive	Appetite	9/10	Extreme	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 19, 2026, 10:43 p.m.	Digestive	Bloating	4/10	Mild-moderate	—
Aug 19, 2026, 9:58 p.m.	Skin	Dryness	1/10	Barely noticeable	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 19, 2026, 9:36 p.m.	Physical Pain	Muscle Pain	2/10	Very mild	—
Aug 19, 2026, 8:59 p.m.	Skin	Dryness	1/10	Barely noticeable	—
Aug 19, 2026, 8:48 p.m.	Skin	Hives	1/10	Barely noticeable	—
Aug 19, 2026, 6:58 p.m.	Physical Pain	Headache	8/10	Very severe	—
Aug 19, 2026, 6:14 p.m.	Mental Health	Sleep Quality	4/10	Mild-moderate	After long walk.
Aug 19, 2026, 6:10 p.m.	Sleep	Oversleeping	2/10	Very mild	—
Aug 19, 2026, 5:04 p.m.	Mental Health	Irritability	8/10	Very severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 19, 2026, 4:46 p.m.	Women's Health	Headache	3/10	Mild	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 19, 2026, 2:40 p.m.	Sleep	Insomnia	5/10	Moderate	—
Aug 19, 2026, 2:03 p.m.	Skin	Acne Flare-up	3/10	Mild	Worse in the morning.
Aug 19, 2026, 1:04 p.m.	Respiratory	Chest Congestion	1/10	Barely noticeable	Woke up with this.
Aug 19, 2026, 12:38 p.m.	Digestive	Stomach Pain	5/10	Moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 19, 2026, 12:06 p.m.	Physical Pain	Muscle Pain	3/10	Mild	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 19, 2026, 11:35 a.m.	Cardiovascular	Heart Rate	9/10	Extreme	Stress related possibly.
Aug 19, 2026, 11:25 a.m.	Digestive	Appetite	8/10	Very severe	Worse in the morning.
Aug 19, 2026, 11:20 a.m.	Women's Health	Headache	1/10	Barely noticeable	—
Aug 19, 2026, 11:10 a.m.	Cardiovascular	Heart Rate	8/10	Very severe	Stress related possibly.
Aug 19, 2026, 11:03 a.m.	Sleep	Nightmares	2/10	Very mild	—
Aug 19, 2026, 10:34 a.m.	Respiratory	Cough	5/10	Moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 19, 2026, 8:39 a.m.	General	Fever	4/10	Mild-moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 19, 2026, 8:33 a.m.	Women's Health	Breast Tenderness	4/10	Mild-moderate	—
Aug 19, 2026, 8:25 a.m.	Physical Pain	Joint Pain	7/10	Severe	Stress related possibly.
Aug 19, 2026, 8:13 a.m.	Neurological	Blurred Vision	8/10	Very severe	Stress related possibly.
Aug 18, 2026, 10:49 p.m.	Cardiovascular	Chest Tightness	2/10	Very mild	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 18, 2026, 10:27 p.m.	Sleep	Nightmares	5/10	Moderate	Mild but persistent.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 18, 2026, 10:04 p.m.	Physical Pain	Headache	1/10	Barely noticeable	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 18, 2026, 9:00 p.m.	Mental Health	Irritability	5/10	Moderate	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 18, 2026, 8:41 p.m.	General	Nausea	5/10	Moderate	First time experiencing this particular symptom at this severity, monitoring closely.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 18, 2026, 8:41 p.m.	Respiratory	Wheezing	5/10	Moderate	—
Aug 18, 2026, 8:05 p.m.	Women's Health	Fatigue	1/10	Barely noticeable	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 18, 2026, 8:03 p.m.	Physical Pain	Headache	5/10	Moderate	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 18, 2026, 7:49 p.m.	Digestive	Appetite	6/10	Moderate-severe	—
Aug 18, 2026, 7:27 p.m.	Respiratory	Chest Congestion	4/10	Mild-moderate	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 18, 2026, 7:01 p.m.	Skin	Rash	8/10	Very severe	Woke up with this.
Aug 18, 2026, 6:57 p.m.	Mental Health	Mood	5/10	Moderate	Stress related possibly.
Aug 18, 2026, 6:42 p.m.	Physical Pain	Joint Pain	5/10	Moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 18, 2026, 6:31 p.m.	Mental Health	Mood	7/10	Severe	Came on suddenly.
Aug 18, 2026, 6:29 p.m.	Physical Pain	Joint Pain	1/10	Barely noticeable	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 18, 2026, 4:13 p.m.	Neurological	Brain Fog	4/10	Mild-moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 18, 2026, 3:49 p.m.	Women's Health	Headache	1/10	Barely noticeable	—
Aug 18, 2026, 3:47 p.m.	Sleep	Restless Sleep	6/10	Moderate-severe	—
Aug 18, 2026, 3:27 p.m.	Digestive	Appetite	8/10	Very severe	—
Aug 18, 2026, 2:37 p.m.	Sleep	Nightmares	3/10	Mild	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 18, 2026, 2:35 p.m.	Neurological	Tingling	2/10	Very mild	Started after lunch.
Aug 18, 2026, 2:10 p.m.	Skin	Acne Flare-up	7/10	Severe	Started after lunch.
Aug 18, 2026, 1:38 p.m.	Mental Health	Sleep Quality	4/10	Mild-moderate	—
Aug 18, 2026, 12:56 p.m.	Digestive	Stomach Pain	7/10	Severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 18, 2026, 12:40 p.m.	Neurological	Tremor	5/10	Moderate	After long walk.
Aug 18, 2026, 12:23 p.m.	Neurological	Migraine	4/10	Mild-moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 18, 2026, 11:40 a.m.	Digestive	Bowel Changes	5/10	Moderate	Mild but persistent.
Aug 18, 2026, 11:38 a.m.	Digestive	Nausea	8/10	Very severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 18, 2026, 11:05 a.m.	Neurological	Tingling	7/10	Severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 18, 2026, 11:03 a.m.	Respiratory	Shortness of Breath	6/10	Moderate-severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 18, 2026, 10:40 a.m.	Neurological	Tremor	2/10	Very mild	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 18, 2026, 10:20 a.m.	Digestive	Nausea	6/10	Moderate-severe	After long walk.
Aug 18, 2026, 10:01 a.m.	Physical Pain	Muscle Pain	6/10	Moderate-severe	After long walk.
Aug 18, 2026, 9:49 a.m.	Digestive	Nausea	8/10	Very severe	—
Aug 18, 2026, 9:10 a.m.	Skin	Swelling	1/10	Barely noticeable	Worse in the morning.
Aug 18, 2026, 8:27 a.m.	Mental Health	Irritability	6/10	Moderate-severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 18, 2026, 8:16 a.m.	General	Fatigue	6/10	Moderate-severe	Worse in the morning.
Aug 18, 2026, 8:01 a.m.	Mental Health	Anxiety	4/10	Mild-moderate	Woke up with this.
Aug 17, 2026, 10:24 p.m.	Neurological	Blurred Vision	5/10	Moderate	Came on suddenly.
Aug 17, 2026, 10:14 p.m.	General	Fatigue	4/10	Mild-moderate	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 17, 2026, 9:44 p.m.	Women's Health	Headache	3/10	Mild	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 17, 2026, 9:26 p.m.	Sleep	Oversleeping	3/10	Mild	—
Aug 17, 2026, 9:09 p.m.	Skin	Swelling	8/10	Very severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 17, 2026, 9:06 p.m.	General	Fatigue	5/10	Moderate	—
Aug 17, 2026, 8:50 p.m.	Sleep	Snoring	6/10	Moderate-severe	Mild but persistent.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 17, 2026, 8:37 p.m.	Respiratory	Wheezing	2/10	Very mild	Started after lunch.
Aug 17, 2026, 8:33 p.m.	Skin	Acne Flare-up	4/10	Mild-moderate	After long walk.
Aug 17, 2026, 8:24 p.m.	Sleep	Restless Sleep	3/10	Mild	—
Aug 17, 2026, 8:12 p.m.	Neurological	Migraine	2/10	Very mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 17, 2026, 7:30 p.m.	Digestive	Nausea	7/10	Severe	—
Aug 17, 2026, 6:48 p.m.	General	Pain	5/10	Moderate	Started after lunch.
Aug 17, 2026, 6:24 p.m.	Women's Health	Mood Changes	4/10	Mild-moderate	—
Aug 17, 2026, 4:56 p.m.	General	Fatigue	6/10	Moderate-severe	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 17, 2026, 4:55 p.m.	Neurological	Migraine	6/10	Moderate-severe	Better after resting.
Aug 17, 2026, 4:10 p.m.	Cardiovascular	Chest Tightness	9/10	Extreme	—
Aug 17, 2026, 3:36 p.m.	Neurological	Blurred Vision	4/10	Mild-moderate	—
Aug 17, 2026, 2:59 p.m.	Physical Pain	Nerve Pain	5/10	Moderate	Mild but persistent.
Aug 17, 2026, 2:31 p.m.	Physical Pain	Neck Pain	7/10	Severe	After long walk.
Aug 17, 2026, 1:02 p.m.	Neurological	Blurred Vision	5/10	Moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 17, 2026, 1:00 p.m.	Digestive	Appetite	5/10	Moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 17, 2026, 12:34 p.m.	Sleep	Nightmares	4/10	Mild-moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 17, 2026, 12:20 p.m.	General	Nausea	6/10	Moderate-severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 17, 2026, 11:27 a.m.	General	Fatigue	6/10	Moderate-severe	—
Aug 17, 2026, 8:56 a.m.	Mental Health	Anxiety	2/10	Very mild	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 17, 2026, 8:37 a.m.	General	Pain	6/10	Moderate-severe	—
Aug 17, 2026, 8:31 a.m.	Mental Health	Stress	4/10	Mild-moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 17, 2026, 8:01 a.m.	Physical Pain	Headache	3/10	Mild	—
Aug 16, 2026, 10:55 p.m.	General	Fever	3/10	Mild	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 16, 2026, 10:36 p.m.	Neurological	Light Sensitivity	1/10	Barely noticeable	Stress related possibly.
Aug 16, 2026, 10:22 p.m.	Respiratory	Shortness of Breath	7/10	Severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 16, 2026, 9:27 p.m.	General	Headache	6/10	Moderate-severe	—
Aug 16, 2026, 8:53 p.m.	General	Fatigue	3/10	Mild	—
Aug 16, 2026, 8:32 p.m.	Respiratory	Sore Throat	6/10	Moderate-severe	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 16, 2026, 8:01 p.m.	Respiratory	Wheezing	7/10	Severe	—
Aug 16, 2026, 7:50 p.m.	General	Fever	7/10	Severe	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 16, 2026, 7:19 p.m.	Respiratory	Runny Nose	1/10	Barely noticeable	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 16, 2026, 5:49 p.m.	Digestive	Appetite	8/10	Very severe	Mild but persistent.
Aug 16, 2026, 5:26 p.m.	Neurological	Tremor	3/10	Mild	—
Aug 16, 2026, 5:25 p.m.	Digestive	Bowel Changes	5/10	Moderate	—
Aug 16, 2026, 5:07 p.m.	Digestive	Bloating	10/10	Worst possible	—
Aug 16, 2026, 3:38 p.m.	Sleep	Snoring	6/10	Moderate-severe	Woke up with this.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 16, 2026, 2:31 p.m.	Physical Pain	Neck Pain	3/10	Mild	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 16, 2026, 1:56 p.m.	Cardiovascular	Blood Pressure	9/10	Extreme	Came on suddenly.
Aug 16, 2026, 1:41 p.m.	Skin	Dryness	9/10	Extreme	—
Aug 16, 2026, 1:28 p.m.	Women's Health	Spotting	1/10	Barely noticeable	Noticed this has been recurring every few days, usually in the afternoon around 3pm.

Date & Time	System	Symptom	Sev.	Description	Note
Aug 16, 2026, 12:23 p.m.	Neurological	Brain Fog	4/10	Mild-moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 16, 2026, 12:22 p.m.	Digestive	Bowel Changes	6/10	Moderate-severe	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 16, 2026, 12:08 p.m.	Mental Health	Mood	7/10	Severe	Stress related possibly.
Aug 16, 2026, 12:04 p.m.	Respiratory	Wheezing	3/10	Mild	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 16, 2026, 11:39 a.m.	Neurological	Numbness	5/10	Moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 16, 2026, 9:39 a.m.	Women's Health	Hot Flashes	6/10	Moderate-severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 16, 2026, 9:13 a.m.	General	Dizziness	6/10	Moderate-severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 16, 2026, 8:35 a.m.	Digestive	Nausea	9/10	Extreme	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 15, 2026, 10:23 p.m.	Digestive	Nausea	6/10	Moderate-severe	Started after lunch.
Aug 15, 2026, 10:23 p.m.	Sleep	Restless Sleep	4/10	Mild-moderate	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 15, 2026, 10:17 p.m.	General	Pain	4/10	Mild-moderate	Woke up with this.
Aug 15, 2026, 10:11 p.m.	Women's Health	Headache	4/10	Mild-moderate	—
Aug 15, 2026, 8:38 p.m.	Digestive	Bloating	9/10	Extreme	—
Aug 15, 2026, 8:05 p.m.	Cardiovascular	Heart Rate	1/10	Barely noticeable	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 15, 2026, 6:50 p.m.	Respiratory	Cough	3/10	Mild	After long walk.
Aug 15, 2026, 6:02 p.m.	Sleep	Oversleeping	2/10	Very mild	—
Aug 15, 2026, 5:28 p.m.	Women's Health	Headache	1/10	Barely noticeable	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 15, 2026, 5:04 p.m.	Physical Pain	Back Pain	9/10	Extreme	Mild but persistent.
Aug 15, 2026, 4:44 p.m.	Neurological	Brain Fog	4/10	Mild-moderate	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 15, 2026, 4:42 p.m.	Skin	Dryness	5/10	Moderate	Started after lunch.
Aug 15, 2026, 3:45 p.m.	Mental Health	Irritability	6/10	Moderate-severe	Mild but persistent.
Aug 15, 2026, 2:54 p.m.	Women's Health	Spotting	4/10	Mild-moderate	Mild but persistent.
Aug 15, 2026, 2:20 p.m.	Cardiovascular	Palpitations	7/10	Severe	Came on suddenly.
Aug 15, 2026, 1:32 p.m.	Skin	Redness	2/10	Very mild	—
Aug 15, 2026, 12:56 p.m.	Physical Pain	Muscle Pain	8/10	Very severe	—
Aug 15, 2026, 12:54 p.m.	General	Nausea	5/10	Moderate	Worse in the morning.
Aug 15, 2026, 12:27 p.m.	General	Fatigue	4/10	Mild-moderate	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 15, 2026, 12:08 p.m.	Sleep	Insomnia	3/10	Mild	Woke up with this.
Aug 15, 2026, 12:07 p.m.	Women's Health	Headache	6/10	Moderate-severe	Stress related possibly.
Aug 15, 2026, 12:04 p.m.	Respiratory	Chest Congestion	5/10	Moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 15, 2026, 11:28 a.m.	Physical Pain	Neck Pain	8/10	Very severe	—
Aug 15, 2026, 11:08 a.m.	Cardiovascular	Blood Pressure	1/10	Barely noticeable	Worse in the morning.
Aug 15, 2026, 10:43 a.m.	Cardiovascular	Heart Rate	8/10	Very severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 15, 2026, 10:23 a.m.	Women's Health	Fatigue	4/10	Mild-moderate	Worse in the morning.
Aug 15, 2026, 10:22 a.m.	Mental Health	Mood	7/10	Severe	—
Aug 15, 2026, 10:10 a.m.	Physical Pain	Neck Pain	1/10	Barely noticeable	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 15, 2026, 9:29 a.m.	Neurological	Blurred Vision	1/10	Barely noticeable	—
Aug 15, 2026, 8:01 a.m.	General	Fatigue	2/10	Very mild	—
Aug 14, 2026, 9:53 p.m.	Women's Health	Breast Tenderness	7/10	Severe	Started after lunch.
Aug 14, 2026, 8:42 p.m.	Sleep	Snoring	4/10	Mild-moderate	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 14, 2026, 8:10 p.m.	General	Pain	4/10	Mild-moderate	—
Aug 14, 2026, 8:09 p.m.	Mental Health	Irritability	2/10	Very mild	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 14, 2026, 8:00 p.m.	Digestive	Bowel Changes	6/10	Moderate-severe	—
Aug 14, 2026, 7:32 p.m.	Sleep	Insomnia	3/10	Mild	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 14, 2026, 7:29 p.m.	Physical Pain	Muscle Pain	8/10	Very severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 14, 2026, 7:09 p.m.	Cardiovascular	Heart Rate	3/10	Mild	Mild but persistent.
Aug 14, 2026, 6:47 p.m.	Neurological	Brain Fog	6/10	Moderate-severe	Worse in the morning.
Aug 14, 2026, 6:10 p.m.	Cardiovascular	Palpitations	6/10	Moderate-severe	Woke up with this.
Aug 14, 2026, 5:57 p.m.	Cardiovascular	Chest Tightness	3/10	Mild	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 14, 2026, 5:57 p.m.	Sleep	Snoring	4/10	Mild-moderate	—
Aug 14, 2026, 5:50 p.m.	Neurological	Tingling	5/10	Moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 14, 2026, 5:46 p.m.	Skin	Swelling	4/10	Mild-moderate	—
Aug 14, 2026, 3:52 p.m.	Cardiovascular	Heart Rate	6/10	Moderate-severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 14, 2026, 3:32 p.m.	Neurological	Tingling	3/10	Mild	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 14, 2026, 3:17 p.m.	Cardiovascular	Heart Rate	9/10	Extreme	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 14, 2026, 2:24 p.m.	Skin	Rash	5/10	Moderate	After long walk.
Aug 14, 2026, 2:07 p.m.	Mental Health	Irritability	6/10	Moderate-severe	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 14, 2026, 1:57 p.m.	Digestive	Nausea	6/10	Moderate-severe	Better after resting.
Aug 14, 2026, 1:51 p.m.	Mental Health	Stress	7/10	Severe	Worse in the morning.
Aug 14, 2026, 1:43 p.m.	Neurological	Light Sensitivity	7/10	Severe	—
Aug 14, 2026, 1:15 p.m.	Digestive	Nausea	8/10	Very severe	Stress related possibly.
Aug 14, 2026, 1:14 p.m.	Sleep	Snoring	4/10	Mild-moderate	Better after resting.
Aug 14, 2026, 12:47 p.m.	Digestive	Bowel Changes	9/10	Extreme	Mild but persistent.
Aug 14, 2026, 12:40 p.m.	Respiratory	Runny Nose	2/10	Very mild	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 14, 2026, 12:24 p.m.	Women's Health	Spotting	1/10	Barely noticeable	—
Aug 14, 2026, 11:51 a.m.	Digestive	Bloating	5/10	Moderate	Came on suddenly.
Aug 14, 2026, 11:45 a.m.	Women's Health	Breast Tenderness	1/10	Barely noticeable	—
Aug 14, 2026, 11:40 a.m.	Neurological	Light Sensitivity	5/10	Moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 14, 2026, 10:20 a.m.	Women's Health	Breast Tenderness	1/10	Barely noticeable	Better after resting.
Aug 14, 2026, 9:54 a.m.	Cardiovascular	Chest Tightness	9/10	Extreme	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 14, 2026, 9:38 a.m.	Mental Health	Anxiety	5/10	Moderate	—
Aug 14, 2026, 9:22 a.m.	Skin	Acne Flare-up	1/10	Barely noticeable	—
Aug 13, 2026, 10:35 p.m.	General	Fatigue	4/10	Mild-moderate	—
Aug 13, 2026, 9:43 p.m.	Women's Health	Hot Flashes	1/10	Barely noticeable	—
Aug 13, 2026, 9:30 p.m.	Neurological	Brain Fog	5/10	Moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 13, 2026, 9:27 p.m.	Digestive	Nausea	9/10	Extreme	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 13, 2026, 9:01 p.m.	Physical Pain	Headache	1/10	Barely noticeable	Started after lunch.
Aug 13, 2026, 8:47 p.m.	Sleep	Restless Sleep	4/10	Mild-moderate	Worse in the morning.
Aug 13, 2026, 7:44 p.m.	General	Pain	4/10	Mild-moderate	Started after lunch.
Aug 13, 2026, 6:55 p.m.	Skin	Acne Flare-up	8/10	Very severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 13, 2026, 6:54 p.m.	Neurological	Blurred Vision	4/10	Mild-moderate	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 13, 2026, 6:41 p.m.	Sleep	Nightmares	3/10	Mild	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 13, 2026, 6:21 p.m.	Neurological	Tingling	6/10	Moderate-severe	Came on suddenly.
Aug 13, 2026, 6:11 p.m.	Neurological	Migraine	6/10	Moderate-severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 13, 2026, 5:09 p.m.	Women's Health	Hot Flashes	5/10	Moderate	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 13, 2026, 4:49 p.m.	Respiratory	Wheezing	5/10	Moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 13, 2026, 4:29 p.m.	General	Headache	3/10	Mild	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 13, 2026, 4:15 p.m.	Sleep	Nightmares	4/10	Mild-moderate	After long walk.
Aug 13, 2026, 3:57 p.m.	Skin	Itching	3/10	Mild	Mild but persistent.
Aug 13, 2026, 3:21 p.m.	Women's Health	Fatigue	4/10	Mild-moderate	—
Aug 13, 2026, 3:20 p.m.	Mental Health	Stress	7/10	Severe	Better after resting.
Aug 13, 2026, 3:08 p.m.	Sleep	Nightmares	2/10	Very mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 13, 2026, 2:12 p.m.	Skin	Hives	1/10	Barely noticeable	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 13, 2026, 2:10 p.m.	Cardiovascular	Palpitations	4/10	Mild-moderate	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 13, 2026, 2:05 p.m.	Women's Health	Breast Tenderness	2/10	Very mild	—
Aug 13, 2026, 2:04 p.m.	Physical Pain	Neck Pain	6/10	Moderate-severe	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 13, 2026, 2:00 p.m.	Cardiovascular	Chest Tightness	2/10	Very mild	—
Aug 13, 2026, 1:35 p.m.	Mental Health	Irritability	9/10	Extreme	—
Aug 13, 2026, 12:48 p.m.	Mental Health	Irritability	6/10	Moderate-severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 13, 2026, 12:34 p.m.	Neurological	Blurred Vision	2/10	Very mild	—
Aug 13, 2026, 11:42 a.m.	Sleep	Waking Up Tired	2/10	Very mild	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 13, 2026, 11:37 a.m.	Digestive	Bloating	6/10	Moderate-severe	—
Aug 13, 2026, 10:48 a.m.	Digestive	Nausea	8/10	Very severe	Worse in the morning.
Aug 13, 2026, 10:33 a.m.	Women's Health	Cramps	5/10	Moderate	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 13, 2026, 9:41 a.m.	Digestive	Nausea	5/10	Moderate	After long walk.
Aug 13, 2026, 8:44 a.m.	Physical Pain	Neck Pain	7/10	Severe	—
Aug 12, 2026, 8:58 p.m.	Physical Pain	Headache	4/10	Mild-moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 12, 2026, 7:32 p.m.	Women's Health	Hot Flashes	1/10	Barely noticeable	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 12, 2026, 6:34 p.m.	Skin	Redness	5/10	Moderate	—
Aug 12, 2026, 6:18 p.m.	Physical Pain	Headache	7/10	Severe	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 12, 2026, 6:15 p.m.	Physical Pain	Joint Pain	10/10	Worst possible	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 12, 2026, 6:07 p.m.	Mental Health	Anxiety	5/10	Moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 12, 2026, 5:51 p.m.	Skin	Swelling	2/10	Very mild	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 12, 2026, 5:47 p.m.	Physical Pain	Joint Pain	1/10	Barely noticeable	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 12, 2026, 5:37 p.m.	Cardiovascular	Palpitations	6/10	Moderate-severe	—
Aug 12, 2026, 4:24 p.m.	Neurological	Blurred Vision	2/10	Very mild	Worse in the morning.
Aug 12, 2026, 4:08 p.m.	Mental Health	Anxiety	5/10	Moderate	Started after lunch.
Aug 12, 2026, 4:05 p.m.	General	Dizziness	4/10	Mild-moderate	Came on suddenly.
Aug 12, 2026, 4:02 p.m.	Physical Pain	Muscle Pain	2/10	Very mild	Started after lunch.
Aug 12, 2026, 2:52 p.m.	Skin	Hives	3/10	Mild	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 12, 2026, 2:37 p.m.	Sleep	Insomnia	7/10	Severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 12, 2026, 1:49 p.m.	General	Fever	7/10	Severe	—
Aug 12, 2026, 1:19 p.m.	Respiratory	Wheezing	5/10	Moderate	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 12, 2026, 12:43 p.m.	Cardiovascular	Blood Pressure	1/10	Barely noticeable	—
Aug 12, 2026, 12:37 p.m.	Women's Health	Cramps	4/10	Mild-moderate	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 12, 2026, 12:17 p.m.	General	Fever	7/10	Severe	—
Aug 12, 2026, 12:13 p.m.	Skin	Rash	5/10	Moderate	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 12, 2026, 12:08 p.m.	General	Fever	4/10	Mild-moderate	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 12, 2026, 11:58 a.m.	Neurological	Tingling	6/10	Moderate-severe	Worse in the morning.
Aug 12, 2026, 11:39 a.m.	General	Dizziness	2/10	Very mild	Started after lunch.
Aug 12, 2026, 10:24 a.m.	Cardiovascular	Heart Rate	6/10	Moderate-severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 12, 2026, 9:49 a.m.	Sleep	Oversleeping	3/10	Mild	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 12, 2026, 9:24 a.m.	Sleep	Nightmares	7/10	Severe	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 12, 2026, 8:46 a.m.	Cardiovascular	Heart Rate	3/10	Mild	Better after resting.
Aug 12, 2026, 8:01 a.m.	Physical Pain	Neck Pain	6/10	Moderate-severe	—
Aug 11, 2026, 10:20 p.m.	Sleep	Snoring	4/10	Mild-moderate	—
Aug 11, 2026, 9:34 p.m.	Women's Health	Fatigue	3/10	Mild	After long walk.
Aug 11, 2026, 8:47 p.m.	Physical Pain	Muscle Pain	1/10	Barely noticeable	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 11, 2026, 8:30 p.m.	Respiratory	Sore Throat	6/10	Moderate-severe	—
Aug 11, 2026, 8:09 p.m.	Physical Pain	Joint Pain	6/10	Moderate-severe	—
Aug 11, 2026, 7:16 p.m.	Cardiovascular	Heart Rate	8/10	Very severe	Came on suddenly.
Aug 11, 2026, 6:44 p.m.	Sleep	Snoring	2/10	Very mild	—
Aug 11, 2026, 6:41 p.m.	Digestive	Stomach Pain	9/10	Extreme	Better after resting.
Aug 11, 2026, 6:28 p.m.	Cardiovascular	Palpitations	9/10	Extreme	—
Aug 11, 2026, 6:18 p.m.	Mental Health	Stress	6/10	Moderate-severe	Associated with a busy week and poor sleep, likely stress and fatigue related.
Aug 11, 2026, 5:41 p.m.	Sleep	Restless Sleep	4/10	Mild-moderate	Better after resting.
Aug 11, 2026, 5:39 p.m.	Digestive	Appetite	6/10	Moderate-severe	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 11, 2026, 5:13 p.m.	Cardiovascular	Chest Tightness	4/10	Mild-moderate	Seems to be triggered by prolonged sitting at the desk, taking more frequent breaks now.
Aug 11, 2026, 4:48 p.m.	Cardiovascular	Palpitations	9/10	Extreme	Occurred during a stressful meeting at work, improved once I stepped outside for fresh air.
Aug 11, 2026, 4:34 p.m.	Respiratory	Wheezing	3/10	Mild	Started after eating spicy food for dinner, lasted about two hours before subsiding with antacids.
Aug 11, 2026, 4:25 p.m.	Neurological	Light Sensitivity	5/10	Moderate	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 11, 2026, 4:20 p.m.	Mental Health	Mood	7/10	Severe	Stress related possibly.
Aug 11, 2026, 4:03 p.m.	Sleep	Insomnia	6/10	Moderate-severe	—
Aug 11, 2026, 3:40 p.m.	Mental Health	Stress	8/10	Very severe	—
Aug 11, 2026, 3:19 p.m.	Neurological	Tremor	8/10	Very severe	Mild but persistent.

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 11, 2026, 3:13 p.m.	Women's Health	Cramps	1/10	Barely noticeable	First time experiencing this particular symptom at this severity, monitoring closely.
Aug 11, 2026, 2:16 p.m.	Physical Pain	Back Pain	6/10	Moderate-severe	—
Aug 11, 2026, 2:02 p.m.	Cardiovascular	Chest Tightness	3/10	Mild	—
Aug 11, 2026, 1:27 p.m.	Mental Health	Irritability	8/10	Very severe	Noticed this has been recurring every few days, usually in the afternoon around 3pm.
Aug 11, 2026, 1:16 p.m.	General	Headache	2/10	Very mild	—

DATE & TIME	SYSTEM	SYMPTOM	SEV.	DESCRIPTION	NOTE
Aug 11, 2026, 12:58 p.m.	Physical Pain	Muscle Pain	8/10	Very severe	—
Aug 11, 2026, 12:02 p.m.	Sleep	Waking Up Tired	3/10	Mild	—
Aug 11, 2026, 11:19 a.m.	Cardiovascular	Blood Pressure	7/10	Severe	—
Aug 11, 2026, 10:09 a.m.	Sleep	Waking Up Tired	6/10	Moderate-severe	Came on suddenly.
Aug 11, 2026, 10:07 a.m.	General	Nausea	2/10	Very mild	Woke up at 3am with significant discomfort, took some time to settle back to sleep.
Aug 11, 2026, 10:06 a.m.	Digestive	Nausea	6/10	Moderate-severe	—
Aug 11, 2026, 9:54 a.m.	Physical Pain	Back Pain	7/10	Severe	Woke up with this.
Aug 11, 2026, 8:57 a.m.	Skin	Hives	4/10	Mild-moderate	—
Aug 11, 2026, 8:38 a.m.	Respiratory	Sore Throat	5/10	Moderate	—
Aug 11, 2026, 8:35 a.m.	Skin	Hives	7/10	Severe	Came on suddenly.
Aug 11, 2026, 8:19 a.m.	Cardiovascular	Palpitations	4/10	Mild-moderate	This has been gradually worsening over the past week, may be worth mentioning to doctor.
Aug 10, 2026, 10:54 p.m.	Sleep	Nightmares	5/10	Moderate	Better after resting.
Aug 10, 2026, 10:54 p.m.	Sleep	Nightmares	6/10	Moderate-severe	Mild but persistent.