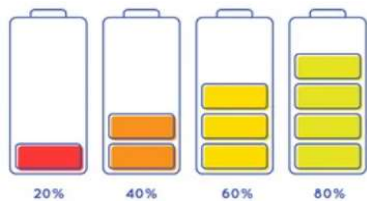




**My Activity-Symptom Tracker**

Energy Rating Guide (Scale 1 - 10)		Symptoms Severity Guide (Scale 0 - 10)		Overall Sleep Score	
1 =	Totally bedridden	1 =	No Symptoms	1 =	No Sleep
5 =	Housebound, but can leave for appointments	5 =	Moderate Symptoms	5 =	Good Restorative Sleep
10 =	Terrific	10 =	The worst symptoms you have experienced		

Today I woke up at				Morning Resting Heart Rate:				Overall Sleep Score				Daily Step Count			
Time	Energy Rating	Symptoms Severity	Main Activities Performed Today												
			Physical Energy			Cognitive Energy			Emotional Energy						
			Hours	Minutes	Brief Description	Hours	Minutes	Brief Description	Hours	Minutes	Brief Description				
AM															
PM															
EVENING															
Today I went to bed at				Total Activity Time Today (Hours:Minutes)											
				Physical Energy			Cognitive Energy			Emotional Energy					



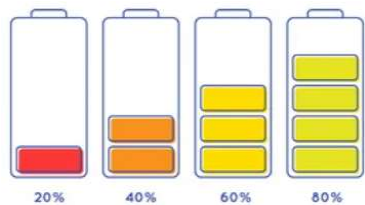
When Performing Activities My Average Levels Were					
Physical		Cognitive		Emotional	
Energy		Energy		Energy	
Symptoms		Symptoms		Symptoms	



**My Activity-Symptom Tracker**

Energy Rating Guide (Scale 1 - 10)		Symptoms Severity Guide (Scale 0 - 10)		Overall Sleep Score	
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Today I woke up at		6:50 AM		Morning Resting Heart Rate:		71		Overall Sleep Score		3		Daily Step Count		4522	
Main Activities Performed Today															
	Time	Energy Rating	Symptoms Severity	Physical Energy			Cognitive Energy			Emotional Energy					
				Hours	Minutes	Brief Description	Hours	Minutes	Brief Description	Hours	Minutes	Brief Description			
AM	7:00 AM	6	3	1	10	Went for morning walk		45	Read the morning paper						
	9:00 AM	4	7		35	Dropped Child to School					40		Felt upset when I got home from school drop off and called Mary		
	10:00 AM	7	5		30	Bought milk at supermarket	1	15	Tried to organise child's swimming lessons						
PM	1:00 PM	4	2				2	0	Read my book on the couch						
	3:00 PM	5	6		35	School Pick Up									
	4:00 PM	7	3				1	25	Helped Child with School Homework						
EVENING	6:00 PM	3	6	1	10	Made Dinner - was standing for a long time									
	7:00 PM	2	6					25	Paid some bills online		25		Was slightly stressed when paying bills		
	8:00 PM	4	5		30	Got ready for bed		45	Read stories to child						
Today I went to bed at		9:25 PM		Total Activity Time Today (Hours:Minutes)											



Physical Energy		Cognitive Energy		Emotional Energy	
4:30		6:35		1:05	
When Performing Activities My Average Levels Were					
Physical		Cognitive		Emotional	
Energy	4.83	Energy	5.00	Energy	3.00
Symptoms	5.33	Symptoms	4.00	Symptoms	6.50