

Daily Diary Grid

Sheet No:

54

Date	Overnight Sleep/ In Bed	Daytime Sleep	Resting	Medium Activity	High Activity	Trips Out	Symptom Score	Comments/Symptom Description
Mon 4 Apr	$7\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{1}{2}$ hrs	10 mins	—	7	Okish. Some mild symptoms first thing in the morning.
Tues 5 Apr	$7\frac{1}{4}$ / $9\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{1}{2}$ hrs	—	—	7	———— " ————
Wed 6 Apr	$7\frac{1}{2}$ / $9\frac{3}{4}$	—	$2\frac{3}{4}$ hrs	$1\frac{1}{2}$ hrs	—	Dentist $1\frac{3}{4}$ hrs	7	Long time at dentist. Felt myalgic in the evening
Thur 7 Apr	8 / 10	1 hr lunchtime	3 hrs	$1\frac{1}{4}$ hrs	—	—	5	Myalgia II all day, especially throat + glands.
Fri 8 Apr	8 / $9\frac{3}{4}$	45 min lunchtime	3 hrs	$1\frac{1}{4}$ hrs	—	—	5	Bad all day.
Sat 9 Apr	$7\frac{3}{4}$ / $9\frac{1}{2}$	—	$2\frac{3}{4}$ hrs	$1\frac{1}{2}$ hrs	—	—	6	Symptoms not as bad as yesterday, but bad enough!
Sun 10 Apr	$7\frac{1}{2}$ / $9\frac{1}{2}$	—	$2\frac{3}{4}$ hrs	$1\frac{1}{2}$ hrs	—	—	6	More symptoms in morning, less in afternoon, Okish in evening
Mon 11 Apr	$7\frac{3}{4}$ / $9\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{1}{2}$ hrs	5 min	—	7	Only 5 mins of High activity instead of 10, because of Dentist.
Tues 12 Apr	7 / $9\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{1}{2}$ hrs	—	—	7	Fingers-crossed have recovered from tip to Dentist.
Wed 13 Apr	$7\frac{1}{2}$ / $9\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{1}{2}$ hrs	—	—	7	Okish all day.
Thur 14 Apr	$7\frac{1}{4}$ / $9\frac{1}{2}$	Drowsy afternoon	$2\frac{1}{2}$ hrs	$1\frac{1}{2}$ hrs	—	—	6	Not so well today - no reason? Joints achey especially
Fri 15 Apr	$7\frac{3}{4}$ / $9\frac{3}{4}$	—	$2\frac{1}{2}$ hrs	$1\frac{1}{4}$ hrs	—	—	7	Dropped medium activity by 15 mins today because of yesterday
Sat 16 Apr	$6\frac{3}{4}$ / $9\frac{1}{4}$	—	$2\frac{1}{2}$ hrs	$1\frac{1}{2}$ hrs	—	—	7	Watched a lot of TV today! Bad night last night.
Sun 17 Apr	$7\frac{1}{2}$ / $9\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{1}{2}$ hrs	—	—	7	Okish. Thinking about increasing medium activity soon.
Mon 18 Apr	7 / $9\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{1}{2}$ hrs	10 min	—	7	Very weak + Shaky on waking, but cleared after 2 hours, at then Okish.
Tue 19 Apr	$7\frac{1}{4}$ / $9\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{1}{2}$ hrs	—	—	7	Bored. Bored. Bored.
Wed 20 Apr	7 / $9\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{3}{4}$ hrs	—	—	7	Increased medium activity by 15 mins. Felt ok in evening
Thu 21 Apr	$7\frac{1}{4}$ / $9\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{3}{4}$ hrs	—	—	7	Still feel ok from extra medium activity
Fri 22 Apr	$7\frac{3}{4}$ / $9\frac{3}{4}$	—	$2\frac{1}{2}$ hrs	$1\frac{3}{4}$ hrs	—	—	7	Okish all day.
Sat 23 Apr	7 / $9\frac{1}{4}$	—	$2\frac{1}{2}$ hrs	$1\frac{3}{4}$ hrs	—	—	7	Lots of people here this morning. But all OK.
Sun 24 Apr	$7\frac{1}{2}$ / $9\frac{1}{2}$	—	$2\frac{1}{2}$ hrs	$1\frac{3}{4}$ hrs	—	—	7	Seem to be fine with extra medium activity. Yay!