

# daily health progress

## INTENTION/AFFIRMATION OF THE DAY

Today I will pace myself and take rest breaks whenever I need to.

Date: Mon 12/12/22

Hours of sleep: 8.5

Highest energy: ① ② ③ ④ ⑤ ⑥ ⑦

Sleep quality: 😞 😟 😊

Lowest energy: ① ② ③ ④ ⑤ ⑥ ⑦

Woke up twice, took a while to get back to sleep

### Medication/supplement changes:

Increased Magnesium to 120 mg am and pm

### PHYSICAL:



### COGNITIVE:



### EMOTIONAL:



### Improved/worsened/new symptoms:

Shortness of breath slightly improved

Slight post-exertional malaise after PT

Resting heart rate decreased to 80 BPM

Decreased anxiety

## APPOINTMENTS/ TREATMENTS/ OTHER NOTES:

PT appt at 9 am- vestibular exercises, recumbent bike, 10 min of treadmill walking

Had histamine reaction to avocado

Did 20 min guided meditation

Took a full brain/body break for 1 hour when PEM symptoms set in, felt better and able to do 1 load of laundry afterwards

## WIN(S) OF THE DAY

Took a full break as soon as PEM symptoms set in & they stayed mild

Gave myself permission to push some things off to tomorrow

## CHALLENGE(S)

Some PEM after physical therapy, not enough energy to complete everything I planned to do today