

Daily Diary Grid

Sheet No:

54

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