

## Daily energy & symptom tracker

Tracking energy across days helps you spot patterns and plan the days you have ahead. Use a 0-10 scale for each. Add notes about what helped.

### ABOUT THIS WEEK

WEEK OF

WHERE I AM IN TREATMENT / CYCLE

### DAILY LOG

DATE	SLEEP (HRS)	ENERGY (0-10)	PAIN (0-10)	MOOD (0-10)	BEST PART OF DAY	WORST PART OF DAY

### PATTERNS I'M NOTICING

WHAT HELPED ENERGY THIS WEEK

WHAT DRAINED ME

ADJUSTMENTS TO TRY NEXT WEEK

*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

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