

Coverage 14 of 14 days recorded · 32 symptom entries

Reason for visit Please focus on my fatigue and help me review my migraine plan.

Reported findings 25 Aug – 7 Sep 2026

- **Fatigue was logged on 11 of 14 days:** the highest rating was 8/10 on 4 Sep.
- **Headache reached 8/10 on 4 Sep:** 2 sumatriptan doses were recorded that day.
- **Joint pain was logged on 6 days:** ratings ranged from 3 to 6/10, with the highest on 1 Sep.
- **Sumatriptan on 4 of 14 days:** 5 doses were recorded in total.
- **Sleep under 5.5 hours on 5 of 12 logged nights:** sleep was not logged on 27 Aug or 3 Sep.
- **Two amitriptyline doses were marked missed:** 27 Aug and 3 Sep.

Symptoms

[illegible]

Day by day: one cell per day, darker is a higher rating, hatched is a day with no entries.

For discussion

1	Fatigue and daily life	Fatigue was recorded on 11 days and reached 8/10. What further context would help assess it?
2	Migraine plan	Sumatriptan was used on 4 days. How should I review my plan for severe headache days?
3	Medication effects	Could we review the reported morning drowsiness and dry mouth alongside the current regimen?
4	Sleep	Sleep was under 5.5 hours on 5 recorded nights. What should I track before the next appointment?

Daily severity by symptom highest rating each day, 0–10

	Tue 25 Aug	Wed 26 Aug	Thu 27 Aug	Fri 28 Aug	Sat 29 Aug	Sun 30 Aug	Mon 31 Aug	Tue 1 Sep	Wed 2 Sep	Thu 3 Sep	Fri 4 Sep	Sat 5 Sep	Sun 6 Sep	Mon 7 Sep
Fatigue	5	6	.	5	.	6	7	6	5	.	8	7	6	5
Headache	.	4	.	3	5	.	6	5	.	.	8	6	4	.
Joint pain	.	.	.	.	.	3	.	6	4	.	5	.	4	3
Brain fog	.	.	.	4	.	.	5	.	.	.	6	5	.	3
Nausea	.	.	.	.	.	.	.	.	.	.	4	2	.	.
Activity not completed							1				1	1		
Menstrual bleeding											●	●		
Sleep	6 h	5 h		6.5 h	7 h	5 h	5.5 h	6 h	5 h		4.5 h	5 h	6 h	6.5 h

0–3

4–6

7–10

.

no comparable rating

no entries that day

All symptoms

SYMPTOM location, if given	DAYS	ENTRIES	AVERAGE	WORST	USUAL TIME share of entries
Fatigue	11	11	6.0	8	18:00 (all entries)
Headache	8	8	5.1	8	18:00 (all entries)
Joint pain	6	6	4.2	6	18:00 (all entries)
Brain fog	5	5	4.6	6	18:00 (all entries)
Nausea	2	2	3.0	4	18:00 (all entries)

Context

CONTEXT	DAYS NOTED	LOGGED ALONGSIDE
Activity not completed	3	Fatigue logged on all 3 days
Menstrual bleeding Observed entries	2	Headache and nausea logged on both days

Notes

DATE	ABOUT	NOTE
25 Aug	Amitriptyline	"I have a dry mouth and feel drowsy in the morning, but get fewer headaches at night."

Current medications

MEDICATION	DOSE AND SCHEDULE	TAKING SINCE	DUE	TAKEN	MISSED	AS NEEDED	ADHERENCE
Amitriptyline for migraine prevention	10 mg tablet · nightly	Jun 2026	14	12	2	—	86%
Low-dose naltrexone for Long COVID fatigue	3 mg capsule · nightly	30 Aug 2026 new	9	9	0	—	100%
Vitamin D3	1000 IU capsule · morning	Feb 2026	14	14	0	—	100%
Sumatriptan for acute migraine	50 mg tablet · as needed	Mar 2025	—	—	—	5 doses on 4 days	—
All scheduled			37	35	2	5	95%

Dose record ● taken · ○ marked missed · blank = unknown · number = as-needed doses

	Tue 25 Aug	Wed 26 Aug	Thu 27 Aug	Fri 28 Aug	Sat 29 Aug	Sun 30 Aug	Mon 31 Aug	Tue 1 Sep	Wed 2 Sep	Thu 3 Sep	Fri 4 Sep	Sat 5 Sep	Sun 6 Sep	Mon 7 Sep
Amitriptyline	●	●	○	●	●	●	●	●	●	○	●	●	●	●
Low-dose naltrexone	—	—	—	—	—	●	●	●	●	●	●	●	●	●
Vitamin D3	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Sumatriptan	0	1	0	0	0	0	1	0	0	0	2	1	0	0

Changes to medication this period

DATE	CHANGE	MEDICATION	RECORDED BY
30 Aug 2026	Started	Low-dose naltrexone 3 mg nightly	Alex Morgan

Side effects and reported benefits

MEDICATION	REPORTED SIDE EFFECTS	FIRST REPORTED	PERCEIVED BENEFIT
Amitriptyline	Morning drowsiness and dry mouth	25 Aug 2026	“Fewer night-time headaches”
Low-dose naltrexone	Vivid dreams new	2 Sep 2026	—

Sleep, energy, mood and activity

MEASURE	DAYS LOGGED	AVERAGE	RANGE	NOTES
Sleep	12	5.7 h	4.5–7 h	12 nights recorded

Full daily log 25 Aug – 7 Sep 2026

Tue 25 Aug 2026

2026-08-25	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-08-25	08:00 · Sleep	6 hours of sleep reported.
2026-08-25	18:00 · Symptom	Fatigue: 5/10.
2026-08-25	21:00 · Medication	Amitriptyline 10 mg marked taken.
2026-08-25	Note	I have a dry mouth and feel drowsy in the morning, but get fewer headaches at night.

Wed 26 Aug 2026

2026-08-26	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-08-26	08:00 · Sleep	5 hours of sleep reported.
2026-08-26	18:00 · Symptom	Fatigue: 6/10.
2026-08-26	18:00 · Symptom	Headache: 4/10.
2026-08-26	18:00 · Medication	Sumatriptan 50 mg: 1 dose taken.
2026-08-26	21:00 · Medication	Amitriptyline 10 mg marked taken.

Thu 27 Aug 2026

2026-08-27	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-08-27	21:00 · Medication	Amitriptyline 10 mg marked missed.

Fri 28 Aug 2026

2026-08-28	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-08-28	08:00 · Sleep	6.5 hours of sleep reported.
2026-08-28	18:00 · Symptom	Fatigue: 5/10.
2026-08-28	18:00 · Symptom	Headache: 3/10.
2026-08-28	18:00 · Symptom	Brain fog: 4/10.
2026-08-28	21:00 · Medication	Amitriptyline 10 mg marked taken.

Sat 29 Aug 2026

2026-08-29	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-08-29	08:00 · Sleep	7 hours of sleep reported.
2026-08-29	18:00 · Symptom	Headache: 5/10.
2026-08-29	21:00 · Medication	Amitriptyline 10 mg marked taken.

Sun 30 Aug 2026

2026-08-30	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-08-30	08:00 · Sleep	5 hours of sleep reported.
2026-08-30	18:00 · Symptom	Fatigue: 6/10.
2026-08-30	18:00 · Symptom	Joint pain: 3/10.
2026-08-30	21:00 · Medication	Amitriptyline 10 mg marked taken.
2026-08-30	21:00 · Medication	Low-dose naltrexone 3 mg marked taken.

2026-08-30	Medication change	Started low-dose naltrexone 3 mg nightly.
Mon 31 Aug 2026		
2026-08-31	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-08-31	08:00 · Sleep	5.5 hours of sleep reported.
2026-08-31	18:00 · Symptom	Fatigue: 7/10.
2026-08-31	18:00 · Symptom	Headache: 6/10.
2026-08-31	18:00 · Symptom	Brain fog: 5/10.
2026-08-31	18:00 · Medication	Sumatriptan 50 mg: 1 dose taken.
2026-08-31	21:00 · Medication	Amitriptyline 10 mg marked taken.
2026-08-31	21:00 · Medication	Low-dose naltrexone 3 mg marked taken.
2026-08-31	Activity	One planned activity marked not completed.
Tue 1 Sep 2026		
2026-09-01	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-09-01	08:00 · Sleep	6 hours of sleep reported.
2026-09-01	18:00 · Symptom	Fatigue: 6/10.
2026-09-01	18:00 · Symptom	Headache: 5/10.
2026-09-01	18:00 · Symptom	Joint pain: 6/10.
2026-09-01	21:00 · Medication	Amitriptyline 10 mg marked taken.
2026-09-01	21:00 · Medication	Low-dose naltrexone 3 mg marked taken.
Wed 2 Sep 2026		
2026-09-02	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-09-02	08:00 · Sleep	5 hours of sleep reported.
2026-09-02	18:00 · Symptom	Fatigue: 5/10.
2026-09-02	18:00 · Symptom	Joint pain: 4/10.
2026-09-02	21:00 · Medication	Amitriptyline 10 mg marked taken.
2026-09-02	21:00 · Medication	Low-dose naltrexone 3 mg marked taken.
2026-09-02	Reported medication effect	Vivid dreams reported with low-dose naltrexone.
Thu 3 Sep 2026		
2026-09-03	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-09-03	21:00 · Medication	Amitriptyline 10 mg marked missed.
2026-09-03	21:00 · Medication	Low-dose naltrexone 3 mg marked taken.
Fri 4 Sep 2026		
2026-09-04	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-09-04	08:00 · Sleep	4.5 hours of sleep reported.
2026-09-04	18:00 · Symptom	Fatigue: 8/10.
2026-09-04	18:00 · Symptom	Headache: 8/10.
2026-09-04	18:00 · Symptom	Joint pain: 5/10.
2026-09-04	18:00 · Symptom	Brain fog: 6/10.

2026-09-04	18:00 · Symptom	Nausea: 4/10.
2026-09-04	18:00 · Medication	Sumatriptan 50 mg: 2 doses taken.
2026-09-04	21:00 · Medication	Amitriptyline 10 mg marked taken.
2026-09-04	21:00 · Medication	Low-dose naltrexone 3 mg marked taken.
2026-09-04	Activity	One planned activity marked not completed.
2026-09-04	Menstrual record	Menstrual bleeding observed.

Sat 5 Sep 2026

2026-09-05	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-09-05	08:00 · Sleep	5 hours of sleep reported.
2026-09-05	18:00 · Symptom	Fatigue: 7/10.
2026-09-05	18:00 · Symptom	Headache: 6/10.
2026-09-05	18:00 · Symptom	Brain fog: 5/10.
2026-09-05	18:00 · Symptom	Nausea: 2/10.
2026-09-05	18:00 · Medication	Sumatriptan 50 mg: 1 dose taken.
2026-09-05	21:00 · Medication	Amitriptyline 10 mg marked taken.
2026-09-05	21:00 · Medication	Low-dose naltrexone 3 mg marked taken.
2026-09-05	Activity	One planned activity marked not completed.
2026-09-05	Menstrual record	Menstrual bleeding observed.

Sun 6 Sep 2026

2026-09-06	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-09-06	08:00 · Sleep	6 hours of sleep reported.
2026-09-06	18:00 · Symptom	Fatigue: 6/10.
2026-09-06	18:00 · Symptom	Headache: 4/10.
2026-09-06	18:00 · Symptom	Joint pain: 4/10.
2026-09-06	21:00 · Medication	Amitriptyline 10 mg marked taken.
2026-09-06	21:00 · Medication	Low-dose naltrexone 3 mg marked taken.

Mon 7 Sep 2026

2026-09-07	08:00 · Medication	Vitamin D3 1000 IU marked taken.
2026-09-07	08:00 · Sleep	6.5 hours of sleep reported.
2026-09-07	18:00 · Symptom	Fatigue: 5/10.
2026-09-07	18:00 · Symptom	Joint pain: 3/10.
2026-09-07	18:00 · Symptom	Brain fog: 3/10.
2026-09-07	21:00 · Medication	Amitriptyline 10 mg marked taken.
2026-09-07	21:00 · Medication	Low-dose naltrexone 3 mg marked taken.