

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

- **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]

Daily ratings are shown in full on page 2. Darker cells indicate higher ratings; empty cells mean no comparable rating.

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?

Symptoms in detail

Daily severity and context

Symptom / context	25 Aug	26 Aug	27 Aug	28 Aug	29 Aug	30 Aug	31 Aug	1 Sep	2 Sep	3 Sep	4 Sep	5 Sep	6 Sep	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

— No comparable rating or entry. Colour bands: 0–3, 4–6, 7–10. Missing entries do not mean symptom-free days. These are recorded observations, not evidence of a cause.

All symptoms

Symptom	Days	Entries	Average /10	Worst /10	Usual time
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	2	Headache and nausea logged on both days

Patient note

“I have a dry mouth and feel drowsy in the morning, but get fewer headaches at night.”

25 Aug · Amitriptyline

Sleep

Measure	Days logged	Average	Range	Notes
Sleep	12	5.7 h	4.5–7 h	12 nights recorded

Medications, doses and side effects

Current medications

Medication	Dose / schedule	Taking since	Dose record	Adherence
Amitriptyline for migraine prevention	10 mg tablet nightly	Jun 2026	12 taken / 14 due 2 marked missed	86%
Low-dose naltrexone for Long COVID fatigue	3 mg capsule nightly	30 Aug 2026	9 taken / 9 due 0 marked missed	100%
Vitamin D3	1000 IU capsule morning	Feb 2026	14 taken / 14 due 0 marked missed	100%
Sumatriptan for acute migraine	50 mg tablet as needed	Mar 2025	5 doses on 4 days	—
All scheduled			35 taken / 37 due	95%

Dose record

Medication	25 Aug	26 Aug	27 Aug	28 Aug	29 Aug	30 Aug	31 Aug	1 Sep	2 Sep	3 Sep	4 Sep	5 Sep	6 Sep	7 Sep
Amitriptyline	●	●	○	●	●	●	●	●	●	○	●	●	●	●
Low-dose naltrexone	—	—	—	—	—	●	●	●	●	●	●	●	●	●
Vitamin D3	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Sumatriptan	0	1	0	0	0	0	1	0	0	0	2	1	0	0

● Taken · ○ Marked missed · — Not yet scheduled · Number = as-needed doses.

Changes 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	2 Sep 2026	—

Medication details reflect this fictional patient's records and are for discussion with a clinician.

Full daily log · 25–31 August

Tue 25 Aug 2026

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

Wed 26 Aug 2026

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

Thu 27 Aug 2026

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

Fri 28 Aug 2026

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

Sat 29 Aug 2026

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

Sun 30 Aug 2026

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

Mon 31 Aug 2026

08:00 · Medication	Vitamin D3 1000 IU marked taken.
08:00 · Sleep	5.5 hours of sleep reported.
18:00 · Symptom	Fatigue: 7/10.
18:00 · Symptom	Headache: 6/10.
18:00 · Symptom	Brain fog: 5/10.
18:00 · Medication	Sumatriptan 50 mg: 1 dose taken.
21:00 · Medication	Amitriptyline 10 mg marked taken.
21:00 · Medication	Low-dose naltrexone 3 mg marked taken.
Activity	One planned activity marked not completed.

Full daily log · 1–7 September

Tue 1 Sep 2026

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

Wed 2 Sep 2026

08:00 · Medication	Vitamin D3 1000 IU marked taken.
08:00 · Sleep	5 hours of sleep reported.
18:00 · Symptom	Fatigue: 5/10.
18:00 · Symptom	Joint pain: 4/10.
21:00 · Medication	Amitriptyline 10 mg marked taken.
21:00 · Medication	Low-dose naltrexone 3 mg marked taken.
Reported medication effect	Vivid dreams reported with low-dose naltrexone.

Thu 3 Sep 2026

08:00 · Medication	Vitamin D3 1000 IU marked taken.
21:00 · Medication	Amitriptyline 10 mg marked missed.
21:00 · Medication	Low-dose naltrexone 3 mg marked taken.

Fri 4 Sep 2026

08:00 · Medication	Vitamin D3 1000 IU marked taken.
08:00 · Sleep	4.5 hours of sleep reported.
18:00 · Symptom	Fatigue: 8/10.
18:00 · Symptom	Headache: 8/10.
18:00 · Symptom	Joint pain: 5/10.
18:00 · Symptom	Brain fog: 6/10.
18:00 · Symptom	Nausea: 4/10.
18:00 · Medication	Sumatriptan 50 mg: 2 doses taken.
21:00 · Medication	Amitriptyline 10 mg marked taken.
21:00 · Medication	Low-dose naltrexone 3 mg marked taken.
Activity	One planned activity marked not completed.
Menstrual record	Menstrual bleeding observed.

Sat 5 Sep 2026

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

Sun 6 Sep 2026

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

Mon 7 Sep 2026

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