

Clay

Patient

2 May 1991

Date of birth

173 cm

Height

2026-04-21 to 2026-08-19

Date range

121

Logged days

28 days

Avg cycle

5

Cycles

19 August 2026

Generated

DATE	CYCLE DAY	FLOW	PAIN	SYMPTOMS	MOOD	SLEEP	INTIMACY	WEIGHT	PATIENT NOTES
2026-04-21 PERIOD	Day 1	Heavy	6/10	Cramping, Back pain, Bloating, Fatigue, Breast tenderness, Headache	Exhausted, Low	Great	—	61.0 kg	"Last day. Spotting only. Feeling hopeful about this next cycle."
2026-04-22 PERIOD	Day 2	Heavy	5/10	Back pain, Breast tenderness, Headache, Cramping	Anxious, Exhausted, Irritable	Poor	—	61.0 kg	"Pain moved to my lower back today. Tried the TENS machine."
2026-04-23 PERIOD	Day 3	Light	5/10	Back pain, Headache, Nausea	Low, Anxious	Good	—	61.0 kg	"Day 2 — heaviest day as usual. Counting clots for my OB appointment."
2026-04-24	Day 4	Spotting	4/10	Clots: small, Headache, Breast tenderness	Irritable, Anxious, Exhausted	Fair	—	61.0 kg	—
2026-04-25 PERIOD	Day 5	Light	3/10	Back pain, Bloating, Clots: small	Anxious, Low	Great	—	61.0 kg	"Day 1. Flow is medium, cramping is a 5/10. Heating pad on, cancelled plans."
2026-04-26	Day 6	—	/10	Bloating, Fatigue	Indifferent	Great	—	61.0 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-04-27	Day 7	—	/10	Bloating	Foggy	Fair	—	61.0 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-04-28	Day 8	—	/10	Acne, Fatigue	Moody	Poor	Unprotected	61.0 kg	"Breast tenderness started. Tracking for pattern."
2026-04-29	Day 9	—	/10	Bloating, Headache	Reflective, Proud	Great	—	61.0 kg	"Breast tenderness started. Tracking for pattern."
2026-04-30	Day 10	—	/10	Headache, Bloating	Discouraged	Good	—	61.0 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."

DATE	CYCLE DAY	FLOW	PAIN	SYMPTOMS	MOOD	SLEEP	INTIMACY	WEIGHT	PATIENT NOTES
2026-05-01	Day 11	—	/10	—	Irritable, Lonely, Numb	Poor	—	61.0 kg	"Clear discharge today, stretchy. LH must be surging."
2026-05-02	Day 12	—	/10	Breast tenderness	Loving, Energised	Poor	—	61.0 kg	"Clear discharge today, stretchy. LH must be surging."
2026-05-03	Day 13	—	/10	Breast tenderness, Cervical mucus changes	Energised, Happy	Great	—	61.0 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-05-04	Day 14	—	/10	Cervical mucus changes, Breast tenderness	Energised, Loving, Happy	Great	—	60.9 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-05-05	Day 15	—	/10	Cervical mucus changes, Breast tenderness	Happy, Energised, Loving	Fair	—	61.0 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-05-06	Day 16	—	/10	Breast tenderness, Cervical mucus changes	Energised, Calm, Loving	Good	Unprotected	61.0 kg	"Breast tenderness started. Tracking for pattern."
2026-05-07	Day 17	—	/10	—	Exhausted	Good	—	61.0 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-05-08	Day 18	—	/10	Headache	Content, Reflective	Poor	—	61.0 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-05-09	Day 19	—	/10	Acne	Numb, Lonely	Great	—	61.0 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-05-10	Day 20	—	/10	—	Angry, Calm	Poor	—	60.9 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-05-11	Day 21	—	/10	Breast tenderness, Bloating	Proud	Fair	—	61.0 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-05-12	Day 22	—	/10	Breast tenderness, Bloating, Cravings	Motivated, Neutral, Low	Good	—	60.9 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-05-13	Day 23	—	/10	Breast tenderness, Bloating	Exhausted, Happy	Good	Unprotected	60.9 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."

DATE	CYCLE DAY	FLOW	PAIN	SYMPTOMS	MOOD	SLEEP	INTIMACY	WEIGHT	PATIENT NOTES
2026-05-14	Day 24	—	/10	Cravings, Breast tenderness	Energised, Anxious	Great	—	60.9 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-05-15	Day 25	—	/10	Bloating, Breast tenderness	Relaxed, Angry	Great	—	60.9 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-05-16	Day 26	—	/10	Bloating, Cravings, Breast tenderness	Sad, Playful, Angry	Good	—	60.9 kg	—
2026-05-17	Day 27	—	/10	Bloating, Cravings	Energised, Proud	Fair	Unprotected	60.9 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-05-18	Day 28	—	/10	Cravings, Breast tenderness, Bloating	Motivated, Proud	Great	—	60.8 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-05-19 • PERIOD	Day 1	Heavy	3/10	Headache, Clots: small, Back pain, Nausea, Cramping, Fatigue	Irritable, Exhausted, Low	Good	—	60.9 kg	"Day 2 — heaviest day as usual. Counting clots for my OB appointment."
2026-05-20 • PERIOD	Day 2	Medium	6/10	Breast tenderness, Cramping, Bloating, Back pain, Fatigue, Clots: small	Exhausted, Irritable, Anxious	Great	—	60.9 kg	"Day 1. Flow is medium, cramping is a 5/10. Heating pad on, cancelled plans."
2026-05-21 • PERIOD	Day 3	Light	5/10	Fatigue, Breast tenderness, Cramping	Irritable, Low	Great	—	60.9 kg	"Last day. Spotting only. Feeling hopeful about this next cycle."
2026-05-22 • PERIOD	Day 4	Light	5/10	Cramping, Nausea, Back pain, Clots: small	Exhausted, Low, Anxious	Good	—	60.8 kg	"Last day. Spotting only. Feeling hopeful about this next cycle."
2026-05-23 • PERIOD	Day 5	Light	3/10	Cramping, Back pain, Breast tenderness, Bloating, Nausea	Anxious, Exhausted, Irritable	Great	—	60.9 kg	"Day 2 — heaviest day as usual. Counting clots for my OB appointment."
2026-05-24	Day 6	—	/10	—	Reflective, Low, Energised	Fair	—	60.9 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-05-25	Day 7	—	/10	—	Low	Fair	—	60.9 kg	—
2026-05-26	Day 8	—	/10	Headache, Bloating	Proud, Excited	Poor	Protected	60.9 kg	"PMS arriving early this month. Bloating,

DATE	CYCLE DAY	FLOW	PAIN	SYMPTOMS	MOOD	SLEEP	INTIMACY	WEIGHT	PATIENT NOTES
									irritability, cravings. Right on schedule."
2026-05-27	Day 9	—	/10	Bloating, Fatigue	Grateful, Peaceful	Poor	Unprotected	60.9 kg	"Clear discharge today, stretchy. LH must be surging."
2026-05-28	Day 10	—	/10	Acne	Irritable, Hopeful, Peaceful	Poor	Unprotected	61.0 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-05-29	Day 11	—	/10	—	Happy	Poor	—	61.0 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-05-30	Day 12	—	/10	Cervical mucus changes, Breast tenderness	Happy, Loving	Great	—	60.9 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-05-31	Day 13	—	/10	Breast tenderness, Cervical mucus changes	Energised, Happy	Fair	—	61.0 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-06-01	Day 14	—	/10	Cervical mucus changes	Energised, Happy, Calm	Good	Unprotected	61.0 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-06-02	Day 15	—	/10	Cervical mucus changes	Energised, Happy	Fair	—	61.0 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-06-03	Day 16	—	/10	Cervical mucus changes	Happy, Energised	Fair	Protected	61.0 kg	—
2026-06-04	Day 17	—	/10	Bloating, Headache	Low, Calm	Good	—	61.0 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-06-05	Day 18	—	/10	Fatigue	Energised	Good	—	61.0 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-06-06	Day 19	—	/10	Fatigue, Bloating	Irritable, Stressed	Poor	—	61.0 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-06-07	Day 20	—	/10	—	Foggy, Frustrated	Great	—	61.0 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-06-08	Day 21	—	🔴 1/10	Cravings, Breast tenderness, Mood swings	Relaxed, Exhausted, Proud	Good	—	61.1 kg	"Clear discharge today, stretchy. LH must be surging."

DATE	CYCLE DAY	FLOW	PAIN	SYMPTOMS	MOOD	SLEEP	INTIMACY	WEIGHT	PATIENT NOTES
2026-06-09	Day 22	—	3/10	Bloating, Breast tenderness	Frustrated	Good	Protected	61.0 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-06-10	Day 23	—	/10	Breast tenderness, Cravings, Headache, Bloating	Motivated, Proud, Insecure	Great	Unprotected	61.1 kg	—
2026-06-11	Day 24	—	/10	Mood swings, Breast tenderness	Exhausted	Fair	Protected	61.1 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-06-12	Day 25	—	2/10	Bloating, Breast tenderness	Stressed, Grateful	Good	Unprotected	61.0 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-06-13	Day 26	—	/10	Cravings, Breast tenderness	Energised	Great	—	61.0 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-06-14	Day 27	—	3/10	Bloating, Cravings, Mood swings	Neutral	Great	—	61.0 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-06-15	Day 28	—	/10	Breast tenderness, Bloating, Cravings	Frustrated, Happy, Irritable	Poor	—	61.0 kg	"Clear discharge today, stretchy. LH must be surging."
2026-06-16 • PERIOD	Day 1	Heavy	3/10	Clots: small, Fatigue, Headache, Breast tenderness, Cramping	Irritable, Exhausted	Great	—	61.0 kg	"Day 4, flow lightening. Energy starting to return. Mood lifting slightly."
2026-06-17 • PERIOD	Day 2	Medium	6/10	Headache, Bloating, Nausea, Cramping, Breast tenderness	Irritable, Anxious	Great	—	61.0 kg	"Day 2 — heaviest day as usual. Counting clots for my OB appointment."
2026-06-18	Day 3	Spotting	4/10	Cramping, Bloating, Headache	Exhausted, Low	Good	—	61.0 kg	"Day 1. Flow is medium, cramping is a 5/10. Heating pad on, cancelled plans."
2026-06-19 • PERIOD	Day 4	Light	5/10	Back pain, Nausea, Headache	Anxious, Irritable	Great	—	61.0 kg	"Day 4, flow lightening. Energy starting to return. Mood lifting slightly."
2026-06-20	Day 5	Spotting	4/10	Clots: small, Cramping, Back pain, Bloating	Low, Exhausted	Great	—	61.0 kg	"Last day. Spotting only. Feeling hopeful about this next cycle."

Date	Cycle Day	Flow	Pain	Symptoms	Mood	Sleep	Intimacy	Weight	Patient Notes
2026-06-21	Day 6	—	/10	Acne	Insecure, Indifferent, Grateful	Great	Unprotected	61.0 kg	"Breast tenderness started. Tracking for pattern."
2026-06-22	Day 7	—	/10	Fatigue	Discouraged, Relaxed	Great	Protected	61.0 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-06-23	Day 8	—	/10	Headache	Sad	Good	Unprotected	61.0 kg	"Clear discharge today, stretchy. LH must be surging."
2026-06-24	Day 9	—	/10	—	Content, Happy, Calm	Good	—	61.0 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-06-25	Day 10	—	/10	—	Restless, Low, Neutral	Great	Protected	61.0 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-06-26	Day 11	—	/10	Fatigue	Reflective, Anxious, Tearful	Fair	—	61.0 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-06-27	Day 12	—	/10	Breast tenderness	Loving, Happy	Poor	—	61.0 kg	"Clear discharge today, stretchy. LH must be surging."
2026-06-28	Day 13	—	/10	Breast tenderness, Cervical mucus changes	Happy, Energised	Poor	Unprotected	61.0 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-06-29	Day 14	—	/10	Cervical mucus changes	Calm, Loving	Good	—	61.1 kg	"Clear discharge today, stretchy. LH must be surging."
2026-06-30	Day 15	—	/10	Breast tenderness, Cervical mucus changes	Energised, Calm	Poor	—	61.1 kg	—
2026-07-01	Day 16	—	/10	Breast tenderness, Cervical mucus changes	Energised, Happy	Poor	—	61.1 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-07-02	Day 17	—	/10	Bloating	Excited, Peaceful	Fair	Protected	61.1 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-07-03	Day 18	—	/10	Headache	Low	Fair	Protected	61.1 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-07-04	Day 19	—	/10	Acne, Headache	Moody, Calm, Sad	Good	Protected	61.1 kg	"Clear discharge today, stretchy. LH

DATE	CYCLE DAY	FLOW	PAIN	SYMPTOMS	MOOD	SLEEP	INTIMACY	WEIGHT	PATIENT NOTES
must be surging."									
2026-07-05	Day 20	—	/10	—	Neutral, Indifferent, Irritable	Fair	—	61.1 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-07-06	Day 21	—	/10	Fatigue, Mood swings	Calm, Lonely, Moody	Good	Unprotected	61.1 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-07-07	Day 22	—	2/10	Breast tenderness, Cravings	Energised, Discouraged	Poor	—	61.1 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-07-08	Day 23	—	/10	Bloating, Breast tenderness, Headache, Fatigue	Discouraged, Low, Playful	Fair	Protected	61.1 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-07-09	Day 24	—	/10	Cravings, Headache, Bloating	Stressed	Great	—	61.1 kg	—
2026-07-10	Day 25	—	3/10	Bloating, Cravings, Breast tenderness	Happy, Angry	Fair	—	61.1 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-07-11	Day 26	—	2/10	Breast tenderness, Bloating	Discouraged, Neutral	Fair	—	61.1 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-07-12	Day 27	—	/10	Mood swings, Headache, Cravings	Motivated, Hopeful, Content	Great	—	61.1 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-07-13	Day 28	—	/10	Cravings, Headache	Anxious	Fair	Protected	61.1 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-07-14 • PERIOD	Day 1	Heavy	3/10	Headache, Cramping, Fatigue, Nausea, Clots: small, Breast tenderness	Low, Irritable	Poor	—	61.1 kg	"Day 4, flow lightening. Energy starting to return. Mood lifting slightly."
2026-07-15 • PERIOD	Day 2	Medium	5/10	Fatigue, Clots: small, Back pain, Bloating	Anxious, Exhausted, Low, Irritable	Fair	—	61.1 kg	"Day 2 — heaviest day as usual. Counting clots for my OB appointment."

DATE	CYCLE DAY	FLOW	PAIN	SYMPTOMS	MOOD	SLEEP	INTIMACY	WEIGHT	PATIENT NOTES
2026-07-16	Day 3	Spotting	6/10	Nausea, Cramping, Back pain	Irritable, Exhausted	Fair	—	61.1 kg	"Day 4, flow lightening. Energy starting to return. Mood lifting slightly."
2026-07-17 PERIOD	Day 4	Light	6/10	Cramping, Nausea, Headache, Bloating, Clots: small	Irritable, Low, Exhausted, Anxious	Poor	—	61.1 kg	"Day 2 — heaviest day as usual. Counting clots for my OB appointment."
2026-07-18	Day 5	Spotting	3/10	Headache, Clots: small, Breast tenderness	Irritable, Low, Anxious, Exhausted	Great	—	61.1 kg	"Last day. Spotting only. Feeling hopeful about this next cycle."
2026-07-19	Day 6	—	/10	—	Confident	Great	Protected	61.1 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-07-20	Day 7	—	/10	Fatigue	Relaxed	Fair	Unprotected	61.0 kg	"Clear discharge today, stretchy. LH must be surging."
2026-07-21	Day 8	—	/10	Acne	Discouraged	Great	Protected	61.1 kg	"Breast tenderness started. Tracking for pattern."
2026-07-22	Day 9	—	/10	Headache	Grateful, Foggy, Hopeful	Poor	Protected	61.1 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-07-23	Day 10	—	/10	—	Numb, Energised	Fair	—	61.1 kg	—
2026-07-24	Day 11	—	/10	—	Calm, Angry	Fair	—	61.1 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-07-25	Day 12	—	/10	Breast tenderness	Energised, Happy, Loving	Good	—	61.1 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-07-26	Day 13	—	/10	Breast tenderness	Energised, Happy	Great	Protected	61.1 kg	"Clear discharge today, stretchy. LH must be surging."
2026-07-27	Day 14	—	/10	Cervical mucus changes, Breast tenderness	Loving, Calm, Happy	Fair	—	61.2 kg	"Breast tenderness started. Tracking for pattern."
2026-07-28	Day 15	—	/10	Breast tenderness	Calm, Happy, Loving	Good	—	61.2 kg	"Clear discharge today, stretchy. LH must be surging."
2026-07-29	Day 16	—	/10	Cervical mucus changes, Breast tenderness	Happy, Energised	Poor	—	61.2 kg	"Clear discharge today, stretchy. LH must be surging."

DATE	CYCLE DAY	FLOW	PAIN	SYMPTOMS	MOOD	SLEEP	INTIMACY	WEIGHT	PATIENT NOTES
2026-07-30	Day 17	—	/10	Bloating, Headache	Tearful, Irritable	Poor	—	61.2 kg	—
2026-07-31	Day 18	—	/10	Headache, Bloating	Stressed	Good	—	61.2 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-08-01	Day 19	—	/10	Headache	Discouraged, Numb	Fair	—	61.2 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-08-02	Day 20	—	/10	—	Discouraged	Poor	—	61.2 kg	"Clear discharge today, stretchy. LH must be surging."
2026-08-03	Day 21	—	/10	Breast tenderness, Headache, Bloating, Cravings	Overwhelmed, Relaxed, Tearful	Good	Protected	61.2 kg	"Clear discharge today, stretchy. LH must be surging."
2026-08-04	Day 22	—	2/10	Cravings, Headache	Reflective, Insecure, Exhausted	Poor	—	61.2 kg	"PMS arriving early this month. Bloating, irritability, cravings. Right on schedule."
2026-08-05	Day 23	—	2/10	Headache, Bloating	Restless, Relaxed	Good	—	61.3 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-08-06	Day 24	—	2/10	Headache, Fatigue	Happy, Foggy, Lonely	Great	—	61.3 kg	"Slept 9 hours and still woke up tired. Luteal phase fatigue is real."
2026-08-07	Day 25	—	/10	Breast tenderness, Headache, Fatigue	Restless	Good	—	61.3 kg	"Ovulation day — I can feel it. Slight twinge on the right side."
2026-08-08	Day 26	—	/10	Bloating, Headache	Insecure	Good	—	61.3 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-08-09	Day 27	—	/10	Breast tenderness, Fatigue	Grateful, Playful, Relaxed	Great	—	61.4 kg	"Good mood today. Energy is high. This is my favourite part of the cycle."
2026-08-10	Day 28	—	3/10	Cravings, Bloating, Fatigue, Mood swings	Sad, Moody, Loving	Good	—	61.4 kg	"Breast tenderness started. Tracking for pattern."
2026-08-11 PERIOD	Day 1	Heavy	6/10	Nausea, Bloating, Fatigue, Back pain	Exhausted, Anxious	Fair	—	61.4 kg	"Day 2 — heaviest day as usual. Counting clots for my OB appointment."

DATE	CYCLE DAY	FLOW	PAIN	SYMPTOMS	MOOD	SLEEP	INTIMACY	WEIGHT	PATIENT NOTES
2026-08-12 PERIOD	Day 2	Medium	3/10	Headache, Cramping, Breast tenderness, Clots: small	Exhausted, Low, Irritable, Anxious	Poor	—	61.3 kg	"Pain moved to my lower back today. Tried the TENS machine."
2026-08-13 PERIOD	Day 3	Light	3/10	Clots: small, Nausea, Bloating, Fatigue	Exhausted, Irritable, Low, Anxious	Poor	—	61.3 kg	"Pain moved to my lower back today. Tried the TENS machine."
2026-08-14	Day 4	Spotting	4/10	Headache, Clots: small, Bloating, Back pain	Irritable, Low, Exhausted	Poor	—	61.3 kg	"Last day. Spotting only. Feeling hopeful about this next cycle."
2026-08-15 PERIOD	Day 5	Light	3/10	Fatigue, Nausea, Bloating, Back pain, Breast tenderness, Clots: small	Exhausted, Low, Irritable, Anxious	Great	—	61.3 kg	"Last day. Spotting only. Feeling hopeful about this next cycle."
2026-08-16	Day 6	—	/10	Fatigue	Exhausted, Discouraged, Low	Poor	Protected	61.3 kg	"Mood dipped this afternoon. Nothing specific — just the hormones talking."
2026-08-17	Day 7	—	/10	Acne, Bloating	Hopeful	Fair	—	61.3 kg	"Breast tenderness started. Tracking for pattern."
2026-08-18	Day 8	—	/10	Bloating, Headache	Proud	Fair	—	61.3 kg	—
2026-08-19	Day 9	—	/10	Headache, Acne	Happy, Calm, Angry	Fair	—	61.3 kg	"Ovulation day — I can feel it. Slight twinge on the right side."

ILLNESS LOG

DATES	DURATION	TYPE	SEVERITY	SYMPTOMS	BEDBOUND	NOTES
2026-04-29 – 2026-05-03	5 days	Cold	Mild	Congestion, Sore throat, Fatigue	No	Tracked symptom overlap with my luteal phase — definitely worse in the second half of my cycle.
2026-06-04 – 2026-06-11	8 days	Flu	Moderate	Fever, Body aches, Fatigue, Headache, Chills, Cough	Yes	Day 2 was the worst. Fever peaked at 39.1°C. Noticed my pain levels were higher than when not sick.
2026-07-22 – 2026-07-25	4 days	Infection	Mild	Sore throat, Fatigue, Fever	No	Tonsillitis. Started right at ovulation — interesting correlation to note.

Total: 3 illnesses · Average duration: 6 days · Most common type: Cold · Most common symptoms: Fatigue, Sore throat, Fever