MOMENTS Report

Taylor Morgan · All recorded data

Generated Nov 1, 2026 · 11:27 PM

All times in Africa/Lagos

PATIENT & EMERGENCY CONTACTS

NAME
Taylor Morgan

EMAIL
moments.playreview.primary@example.com

PHONE
Not provided

Casey Morgan · Partner
(512)555-0188

Maria Rivera · Mother
(512)555-0164

Dr. Chen (Neurology) · Neurologist
(512)555-0110

MEDICAL INFORMATION

ALLERGIES
Penicillin; latex

CURRENT MEDICATIONS
Levetiracetam 500mg twice daily; Lamotrigine 100mg nightly

DO NOT ADMINISTER
Carbamazepine — caused severe rash in 2024

SEVERITY GUIDE

In Taylor Morgan's own words. Severity is defined separately for each condition, so the same number can mean different things.

Seizure

- **1** Barely noticeable. I feel a little off for a few seconds, then carry on with what I was doing.
- **2** Mild. Some dizziness or muddled thinking, but I stay aware and feel like myself again fairly quickly.
- **3** Moderate. I lose the thread of what I was doing and need to sit down. Usually tired afterwards.
- **4** Strong. I am not really aware of what is happening and do not remember it after. I would rather not be alone.
- **5** The hardest ones for me. I am completely out, and wiped out for the rest of the day.

Migraine

- **1** Background ache. I notice it but I can work through the day normally.
- **2** Nagging. I am slower than usual and screens start to bother me.
- **3** Hard to ignore. I close the blinds and stop anything that needs concentration.
- **4** Rough. Light and sound are too much, and I usually feel sick with it. I lie down in the dark.
- **5** The worst ones. I cannot do anything at all and it takes me a day or more to feel normal again.

SUMMARY

Seizure

TOTAL SEIZURES
50

AVG DURATION
2 min 8 sec

AVG SEVERITY
2.6/5

MOST COMMON LOCATION
Home

MOST COMMON SYMPTOM
Confusion

MOST COMMON POSSIBLE TRIGGER
Stress

Migraine

TOTAL MIGRAINES
39

DURATION
Mixed

AVG SEVERITY
2.5/5

MOST COMMON LOCATION
Home

MOST COMMON SYMPTOM
Nausea

MOST COMMON POSSIBLE TRIGGER
Stress

Vertigo / dizziness

TOTAL EPISODES
19

DURATION
Mixed

AVG SEVERITY
2.6/5

MOST COMMON LOCATION
Home

MOST COMMON SYMPTOM
Spinning sensation

MOST COMMON POSSIBLE TRIGGER
Head movement

Panic attack

TOTAL PANIC ATTACKS
28

DURATION
Mixed

AVG SEVERITY
2.6/5

MOST COMMON LOCATION
Home

MOST COMMON SYMPTOM
Racing heart

MOST COMMON POSSIBLE TRIGGER
Stress

Fainting / near-fainting

TOTAL EPISODES
21

DURATION
Mixed

AVG SEVERITY
2.5/5

MOST COMMON LOCATION
Home

MOST COMMON SYMPTOM
Lightheadedness

MOST COMMON POSSIBLE TRIGGER
Standing up

EVENT LOG (157)

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
1	**Nov 1, 2026** 11:17 PM **Since previous (same condition):** 3 hours, 8 minutes	Seizure	0 min 30 sec	3 Moderate	—
2	**Nov 1, 2026** 08:09 PM **Since previous (same condition):** 4 days, 7 hours	Seizure	0 min 18 sec	3 Moderate	—

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
3	**Oct 30, 2026** 03:07 PM	Migraine	12-24 hours	3 Moderate	Home

Symptoms: Nausea
Possible triggers: Lack of sleep
Notes: Light felt uncomfortable this morning. A quiet room and a break from screens helped me rest.
Personal episode label: Throbbing headache
Aura: noticed: No
Pain: location: Left side
Pain: characteristics: Throbbing
Impact: activities: Usual activities
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 1 day, 20 hours

- **Casey Morgan (Family) —** Kept the room quiet while they rested. Added this observation afterward.

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
4	**Oct 29, 2026** 11:28 PM	Vertigo / dizziness	1 to under 24 hours	2 Mild	Home

Symptoms: Spinning sensation
Possible triggers: Changing position
Notes: The room seemed to spin when I turned my head. Sat still until I felt steadier.
Personal episode label: Spinning spell
Sensation: Spinning
Course: Came and went
Position around start: Standing
Movement around start: Yes
Impact: activities: Usual activities
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 1 day, 21 hours

- **Casey Morgan (Family) —** They described feeling off balance and chose to rest. Added this observation afterward.

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
5	**Oct 28, 2026** 06:20 PM	Migraine	4-12 hours	3 Moderate	Work

Symptoms: Nausea, Light sensitivity
Possible triggers: Stress, Skipped meal
Notes: Started during the afternoon. Kept my plans light and took time to recover.
Personal episode label: Visual aura
Aura: noticed: Yes
Aura: symptoms: Visual changes
Pain: location: Right side
Pain: characteristics: Pressure
Impact: activities: Activities reduced
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
6	**Oct 28, 2026** 01:00 PM	Seizure	3 min	2 Mild	Home

Symptoms: Confusion
Possible triggers: Lack of sleep
Notes: Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day.
Personal episode label: Freeze
Before: warning noticed: Yes
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 30 minutes
Since previous (same condition): 1 day, 7 hours

- **Casey Morgan (Family) —** Stayed nearby and helped keep the area clear. Added this observation after the episode.

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
7	**Oct 28, 2026** 01:41 AM	Vertigo / dizziness	Under 1 minute	3 Moderate	Work

Symptoms: Spinning sensation, Feeling off-balance
Possible triggers: Head movement, Busy visual surroundings
Notes: A short spell after getting up. Took my time before walking again.
Personal episode label: Off-balance spell
Sensation: Off-balance
Course: Continuous
Position around start: Sitting
Movement around start: No
Impact: activities: Activities reduced
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 1 week, 5 days

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
8	**Oct 27, 2026** 08:33 PM	Migraine	1-4 hours	1 Very Mild	Out with family

Symptoms: Nausea, Light sensitivity, Throbbing pain
Possible triggers: Stress
Notes: Noticed a familiar shimmer before the headache. Wrote down the timing after resting.
Personal episode label: One-sided headache
Aura: noticed: No
Pain: location: Both sides
Pain: characteristics: Throbbing
Impact: activities: Activities stopped
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 1 day, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
9	**Oct 27, 2026** 08:21 PM	Panic attack	Not sure	4 Severe	Home

Symptoms: Racing heart
Possible triggers: Crowded place
Notes: A sudden wave while out shopping. Found a quieter space and checked in with Casey.
Personal episode label: Sudden wave
Onset: start: Suddenly
Onset: expected: No
Onset: context: A busy afternoon away from home.
Impact: activities: Usual activities
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 1 week

- **Casey Morgan (Family) —** Stayed nearby while they took a quiet break. Added this observation afterward.

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
10	**Oct 27, 2026** 05:51 AM	Seizure	0 min 12 sec	4 Severe	—

Since previous (same condition): 14 hours, 38 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
11	**Oct 26, 2026** 03:13 PM	Seizure	0 min 30 sec	3 Moderate	Work

Symptoms: Confusion, Jerking movements
Possible triggers: Stress, Bright lights
Notes: A brief pause during breakfast. Wrote down what I remembered once I felt settled.
Personal episode label: Brief pause
Before: warning noticed: No
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Partly aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 20 minutes
Since previous (same condition): 20 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
12	**Oct 25, 2026** 11:46 PM	Migraine	Under 1 hour	2 Mild	Home

Symptoms: Nausea
Possible triggers: Lack of sleep
Notes: Woke with a headache and took a slower start to the day.
Personal episode label: Throbbing headache
Aura: noticed: No
Pain: location: Left side
Pain: characteristics: Pressure
Impact: activities: Usual activities
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 5 days, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
13	**Oct 25, 2026** 06:26 PM	Seizure	2 min	1 Very Mild	Out with family

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress
Notes: Took a quiet break afterward and felt more like myself by lunch.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 1 day, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
14	**Oct 23, 2026** 08:39 PM	Seizure	5 min	2 Mild	Home

Symptoms: Confusion
Possible triggers: Lack of sleep
Notes: Noticed a familiar warning while reading. I was at home with someone nearby.
Personal episode label: Freeze
Before: warning noticed: Yes
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 20 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
15	**Oct 23, 2026** 06:14 PM	Fainting / near-fainting	Under 1 minute	1 Very Mild	Home

Symptoms: Lightheadedness
Possible triggers: Heat
Notes: Felt lightheaded after standing. Sat down and waited until I felt steady.
Personal episode label: Near-faint
What happened: Nearly fainted
Before: position: Standing
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 2 minutes
Since previous (same condition): 1 day, 21 hours

- **Casey Morgan (Family) —** They described feeling lightheaded beforehand. Added this observation after checking in.

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
16	**Oct 22, 2026** 11:52 PM	Seizure	1 min	4 Severe	At an appointment

Symptoms: Confusion, Jerking movements
Possible triggers: Stress
Notes: Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day.
Personal episode label: Brief pause
Before: warning noticed: No
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Partly aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 22 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
17	**Oct 22, 2026** 01:05 AM	Seizure	3 min	3 Moderate	Home
18	**Oct 21, 2026** 08:27 PM	Fainting / near-fainting	1 to 5 minutes	3 Moderate	Work
19	**Oct 20, 2026** 01:59 AM	Migraine	1-4 hours	4 Severe	At an appointment

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress
Notes: A brief pause during breakfast. Wrote down what I remembered once I felt settled.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 3 days, 11 hours

Symptoms: Lightheadedness, Sweating
Possible triggers: Standing up, Standing for a while
Notes: Needed a short break while waiting in line. Casey was nearby.
Personal episode label: Brief faint
What happened: Fainted
Before: position: Changing position
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Not aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 1 week, 1 day

Symptoms: Nausea, Light sensitivity
Possible triggers: Stress
Notes: Light felt uncomfortable this morning. A quiet room and a break from screens helped me rest.
Personal episode label: Visual aura
Aura: noticed: Yes
Aura: symptoms: Visual changes
Pain: location: Right side
Pain: characteristics: Throbbing
Impact: activities: Activities reduced
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 3 days, 12 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
20	**Oct 19, 2026** 11:34 PM	Panic attack	20 to under 60 minutes	3 Moderate	Work
	Symptoms: Racing heart, Shortness of breath **Possible triggers:** Stress, Lack of sleep **Notes:** Noticed my heart racing before an appointment. Took a break until the feeling eased. **Personal episode label:** Crowded-place episode **Onset: start:** Gradually **Onset: expected:** Yes **Onset: context:** A busy afternoon away from home. **Impact: activities:** Activities reduced **Relief: measures tried:** Quiet space, Support from someone **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 4 days, 21 hours				
21	**Oct 18, 2026** 01:18 PM	Seizure	0 min 30 sec	2 Mild	Home
	Symptoms: Confusion **Possible triggers:** Lack of sleep, Bright lights **Notes:** Took a quiet break afterward and felt more like myself by lunch. **Personal episode label:** Freeze **Before: warning noticed:** Yes **Before: details:** Noticed a familiar change shortly before this moment. **During: awareness:** Aware **During: observations:** Casey noticed a brief pause and stayed nearby. **After: symptoms:** Tired, Confused **After: recovery:** Back to usual **After: recovery time:** 30 minutes **Since previous (same condition):** 1 day, 21 hours				
22	**Oct 16, 2026** 03:31 PM	Seizure	—	5 Very Severe	Work
	Symptoms: Confusion, Jerking movements **Possible triggers:** Stress **Notes:** Noticed a familiar warning while reading. I was at home with someone nearby. **Personal episode label:** Brief pause **Before: warning noticed:** No **Before: details:** Noticed a familiar change shortly before this moment. **During: awareness:** Partly aware **During: observations:** Casey noticed a brief pause and stayed nearby. **After: symptoms:** Tired **After: recovery:** Back to usual **After: recovery time:** 20 minutes **Since previous (same condition):** 20 hours, 47 minutes				
23	**Oct 16, 2026** 01:12 PM	Migraine	Under 1 hour	3 Moderate	Home
	Symptoms: Nausea, Light sensitivity, Throbbing pain **Possible triggers:** Stress **Notes:** Started during the afternoon. Kept my plans light and took time to recover. **Personal episode label:** One-sided headache **Aura: noticed:** No **Pain: location:** Both sides **Pain: characteristics:** Pressure **Impact: activities:** Activities stopped **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** No change **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 3 days, 21 hours				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
24	**Oct 15, 2026** Time unknown	Seizure	5 min	1 Very Mild	Out with family
	Symptoms: Confusion, Jerking movements, Dizziness **Possible triggers:** Stress **Notes:** Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day. **Personal episode label:** Shaking episode **Before: warning noticed:** Not sure **Before: details:** Noticed a familiar change shortly before this moment. **During: awareness:** Not aware **During: observations:** Casey noticed a brief pause and stayed nearby. **After: symptoms:** Tired, Confused **After: recovery:** Back to usual **After: recovery time:** 10 minutes **Since previous (same condition):** 21 hours, 47 minutes				
25	**Oct 15, 2026** 01:54 PM	Vertigo / dizziness	5 to under 60 minutes	1 Very Mild	Out with family
	Symptoms: Spinning sensation, Feeling off-balance, Nausea **Possible triggers:** Head movement **Notes:** Felt off balance during the afternoon. Rested in a quiet room. **Personal episode label:** Position change **Sensation:** A mixture **Course:** Not sure **Position around start:** Changing position **Movement around start:** Not sure **Impact: activities:** Activities stopped **Relief: measures tried:** Sitting down, Rest **Relief: reported overall response:** No change **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 4 days, 22 hours				
26	**Oct 15, 2026** 01:47 AM	Panic attack	5 to under 20 minutes	1 Very Mild	Out with family
	Symptoms: Racing heart, Shortness of breath, Trembling **Possible triggers:** Stress **Notes:** Needed some quiet time after a busy afternoon. Felt tired afterward. **Personal episode label:** Evening episode **Onset: start:** Not sure **Onset: expected:** Not sure **Onset: context:** A busy afternoon away from home. **Impact: activities:** Activities stopped **Relief: measures tried:** Quiet space, Support from someone **Relief: reported overall response:** No change **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 3 days, 12 hours				
27	**Oct 14, 2026** 08:57 PM	Seizure	1 min	3 Moderate	Home
	Symptoms: Confusion **Possible triggers:** Lack of sleep **Notes:** A brief pause during breakfast. Wrote down what I remembered once I felt settled. **Personal episode label:** Freeze **Before: warning noticed:** Yes **Before: details:** Noticed a familiar change shortly before this moment. **During: awareness:** Aware **During: observations:** Casey noticed a brief pause and stayed nearby. **After: symptoms:** Tired **After: recovery:** Back to usual **After: recovery time:** 20 minutes **Since previous (same condition):** 1 day, 21 hours				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
28	**Oct 12, 2026** 11:40 PM	Fainting / near-fainting	Not sure	1 Very Mild	Out with family

Symptoms: Lightheadedness, Sweating, Vision changes
Possible triggers: Standing up
Notes: Felt faint on a warm afternoon. Rested before continuing with the day.
Personal episode label: Lightheaded spell
What happened: Not sure
Before: position: Sitting
Before: activity: Getting ready for the day.
Before: warning noticed: Not sure
During: awareness: Not sure
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 1 day, 21 hours

29	**Oct 12, 2026** 11:10 PM	Seizure	3 min	2 Mild	At an appointment

Symptoms: Confusion, Jerking movements
Possible triggers: Stress
Notes: Took a quiet break afterward and felt more like myself by lunch.
Personal episode label: Brief pause
Before: warning noticed: No
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Partly aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 21 hours, 47 minutes

30	**Oct 12, 2026** 03:25 PM	Migraine	12-24 hours	2 Mild	Home

Symptoms: Nausea
Possible triggers: Lack of sleep, Skipped meal
Notes: Noticed a familiar shimmer before the headache. Wrote down the timing after resting.
Personal episode label: Throbbing headache
Aura: noticed: No
Pain: location: Left side
Pain: characteristics: Throbbing
Impact: activities: Usual activities
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 4 days, 20 hours

31	**Oct 12, 2026** 01:23 AM	Seizure	0 min 30 sec	2 Mild	Home

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress, Bright lights
Notes: Noticed a familiar warning while reading. I was at home with someone nearby.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 2 days, 11 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
32	**Oct 11, 2026** 01:00 PM	Panic attack	Under 5 minutes	2 Mild	Home
	Symptoms: Racing heart **Possible triggers:** Crowded place **Notes:** A familiar wave at home. Wrote down the details once I felt settled. **Personal episode label:** Sudden wave **Onset: start:** Suddenly **Onset: expected:** No **Onset: context:** A busy afternoon away from home. **Impact: activities:** Usual activities **Relief: measures tried:** Quiet space, Support from someone **Relief: reported overall response:** Helped **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 6 days, 21 hours				
33	**Oct 11, 2026** 01:53 AM	Fainting / near-fainting	Under 1 minute	2 Mild	Home
	Symptoms: Lightheadedness **Possible triggers:** Heat **Notes:** A brief spell while getting ready. Recorded what I could remember afterward. **Personal episode label:** Near-faint **What happened:** Nearly fainted **Before: position:** Standing **Before: activity:** Getting ready for the day. **Before: warning noticed:** Yes **During: awareness:** Aware **During: injury reported:** No **After: symptoms:** Tired **After: recovery:** Back to usual **After: recovery time:** 2 minutes **Since previous (same condition):** 4 days, 12 hours				
34	**Oct 10, 2026** 03:07 PM	Vertigo / dizziness	Not sure	2 Mild	Home
	Symptoms: Spinning sensation **Possible triggers:** Changing position **Notes:** Noticed spinning while reaching for a book. Kept the rest of the evening quiet. **Personal episode label:** Spinning spell **Sensation:** Spinning **Course:** Came and went **Position around start:** Standing **Movement around start:** Yes **Impact: activities:** Usual activities **Relief: measures tried:** Sitting down, Rest **Relief: reported overall response:** Helped **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 1 day, 20 hours				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
35	**Oct 9, 2026** 01:36 PM	Seizure	2 min	3 Moderate	Home
36	**Oct 8, 2026** 06:20 PM	Vertigo / dizziness	1 to under 5 minutes	4 Severe	At an appointment
37	**Oct 7, 2026** 06:38 PM	Migraine	4-12 hours	5 Very Severe	Work
38	**Oct 7, 2026** 03:49 PM	Seizure	5 min	1 Very Mild	Work

Symptoms: Confusion
Possible triggers: Lack of sleep
Notes: Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day.
Personal episode label: Freeze
Before: warning noticed: Yes
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 30 minutes
Since previous (same condition): 1 day, 21 hours

Symptoms: Spinning sensation, Feeling off-balance
Possible triggers: Head movement
Notes: The room seemed to spin when I turned my head. Sat still until I felt steadier.
Personal episode label: Off-balance spell
Sensation: Off-balance
Course: Continuous
Position around start: Sitting
Movement around start: No
Impact: activities: Activities reduced
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 3 days, 21 hours

Symptoms: Nausea, Light sensitivity
Possible triggers: Stress
Notes: Woke with a headache and took a slower start to the day.
Personal episode label: Visual aura
Aura: noticed: Yes
Aura: symptoms: Visual changes
Pain: location: Right side
Pain: characteristics: Pressure
Impact: activities: Activities reduced
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 5 days, 21 hours

Symptoms: Confusion, Jerking movements
Possible triggers: Stress
Notes: A brief pause during breakfast. Wrote down what I remembered once I felt settled.
Personal episode label: Brief pause
Before: warning noticed: No
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Partly aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
39	**Oct 6, 2026** 06:02 PM	Seizure	1 min	2 Mild	Out with family
40	**Oct 6, 2026** 01:06 PM	Fainting / near-fainting	1 to 5 minutes	4 Severe	At an appointment
41	**Oct 4, 2026** 08:33 PM	Vertigo / dizziness	1 to under 24 hours	3 Moderate	Home
42	**Oct 4, 2026** 08:15 PM	Seizure	3 min	4 Severe	Home

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress
Notes: Took a quiet break afterward and felt more like myself by lunch.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 30 minutes
Since previous (same condition): 1 day, 21 hours

Symptoms: Lightheadedness, Sweating
Possible triggers: Standing up
Notes: Felt lightheaded after standing. Sat down and waited until I felt steady.
Personal episode label: Brief faint
What happened: Fainted
Before: position: Changing position
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Not aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 1 week, 5 days

Symptoms: Spinning sensation, Feeling off-balance, Nausea
Possible triggers: Head movement
Notes: A short spell after getting up. Took my time before walking again.
Personal episode label: Position change
Sensation: A mixture
Course: Not sure
Position around start: Changing position
Movement around start: Not sure
Impact: activities: Activities stopped
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 6 days, 20 hours

Symptoms: Confusion
Possible triggers: Lack of sleep
Notes: Noticed a familiar warning while reading. I was at home with someone nearby.
Personal episode label: Freeze
Before: warning noticed: Yes
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 20 minutes
Since previous (same condition): 2 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
43	**Oct 4, 2026** 03:13 PM	Panic attack	5 to under 20 minutes	4 Severe	At an appointment

Symptoms: Racing heart, Shortness of breath
Possible triggers: Stress
Notes: A sudden wave while out shopping. Found a quieter space and checked in with Casey.
Personal episode label: Crowded-place episode
Onset: start: Gradually
Onset: expected: Yes
Onset: context: A busy afternoon away from home.
Impact: activities: Activities reduced
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 20 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
44	**Oct 3, 2026** 06:26 PM	Panic attack	Under 5 minutes	3 Moderate	Home

Symptoms: Racing heart, Shortness of breath, Trembling
Possible triggers: Stress
Notes: Noticed my heart racing before an appointment. Took a break until the feeling eased.
Personal episode label: Evening episode
Onset: start: Not sure
Onset: expected: Not sure
Onset: context: A busy afternoon away from home.
Impact: activities: Activities stopped
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 4 days, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
45	**Oct 1, 2026** 11:28 PM	Seizure	0 min 30 sec	3 Moderate	At an appointment

Symptoms: Confusion, Jerking movements
Possible triggers: Stress, Bright lights
Notes: Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day.
Personal episode label: Brief pause
Before: warning noticed: No
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Partly aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 7 hours, 59 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
46	**Oct 1, 2026** Time unknown	Migraine	1-4 hours	1 Very Mild	Out with family

Symptoms: Nausea, Light sensitivity, Throbbing pain
Possible triggers: Stress
Notes: Light felt uncomfortable this morning. A quiet room and a break from screens helped me rest.
Personal episode label: One-sided headache
Aura: noticed: No
Pain: location: Both sides
Pain: characteristics: Throbbing
Impact: activities: Activities stopped
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 10 hours, 57 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
47	**Oct 1, 2026** 03:29 PM	Seizure	1 min	3 Moderate	—
	Since previous (same condition): 13 hours, 48 minutes				
48	**Oct 1, 2026** 09:54 AM	Migraine	12-24 hours	2 Mild	—
	Since previous (same condition): 10 hours, 50 minutes				
49	**Oct 1, 2026** 01:41 AM	Seizure	2 min	2 Mild	Home
	Symptoms: Confusion, Jerking movements, Dizziness **Possible triggers:** Stress **Notes:** A brief pause during breakfast. Wrote down what I remembered once I felt settled. **Personal episode label:** Shaking episode **Before: warning noticed:** Not sure **Before: details:** Noticed a familiar change shortly before this moment. **During: awareness:** Not aware **During: observations:** Casey noticed a brief pause and stayed nearby. **After: symptoms:** Tired **After: recovery:** Back to usual **After: recovery time:** 20 minutes **Since previous (same condition):** 1 day, 11 hours				
50	**Sep 30, 2026** 11:04 PM	Migraine	4-12 hours	3 Moderate	Home
	Symptoms: Nausea **Possible triggers:** Lack of sleep **Notes:** Started during the afternoon. Kept my plans light and took time to recover. **Personal episode label:** Throbbing headache **Aura: noticed:** No **Pain: location:** Left side **Pain: characteristics:** Pressure **Impact: activities:** Usual activities **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** Helped **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 4 days, 21 hours				
51	**Sep 29, 2026** 01:54 PM	Seizure	5 min	5 Very Severe	Home
	Symptoms: Confusion **Possible triggers:** Lack of sleep **Notes:** Took a quiet break afterward and felt more like myself by lunch. **Personal episode label:** Freeze **Before: warning noticed:** Yes **Before: details:** Noticed a familiar change shortly before this moment. **During: awareness:** Aware **During: observations:** Casey noticed a brief pause and stayed nearby. **After: symptoms:** Tired, Confused **After: recovery:** Back to usual **After: recovery time:** 10 minutes **Since previous (same condition):** 1 day, 22 hours				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
52	**Sep 28, 2026** 08:39 PM	Panic attack	Not sure	2 Mild	Home

Symptoms: Racing heart
Possible triggers: Crowded place, Lack of sleep
Notes: Needed some quiet time after a busy afternoon. Felt tired afterward.
Personal episode label: Sudden wave
Onset: start: Suddenly
Onset: expected: No
Onset: context: A busy afternoon away from home.
Impact: activities: Usual activities
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 1 day, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
53	**Sep 27, 2026** 11:46 PM	Vertigo / dizziness	Under 1 minute	2 Mild	Home

Symptoms: Spinning sensation
Possible triggers: Changing position, Busy visual surroundings
Notes: Felt off balance during the afternoon. Rested in a quiet room.
Personal episode label: Spinning spell
Sensation: Spinning
Course: Came and went
Position around start: Standing
Movement around start: Yes
Impact: activities: Usual activities
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 1 week, 4 days

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
54	**Sep 27, 2026** Time unknown	Seizure	1 min	1 Very Mild	Work

Symptoms: Confusion, Jerking movements
Possible triggers: Stress
Notes: Noticed a familiar warning while reading. I was at home with someone nearby.
Personal episode label: Brief pause
Before: warning noticed: No
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Partly aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 20 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
55	**Sep 26, 2026** 11:52 PM	Panic attack	20 to under 60 minutes	5 Very Severe	Work

Symptoms: Racing heart, Shortness of breath
Possible triggers: Stress
Notes: A familiar wave at home. Wrote down the details once I felt settled.
Personal episode label: Crowded-place episode
Onset: start: Gradually
Onset: expected: Yes
Onset: context: A busy afternoon away from home.
Impact: activities: Activities reduced
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 1 week

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
56	**Sep 26, 2026** 06:20 PM	Seizure	3 min	3 Moderate	Out with family

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress
Notes: Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 30 minutes
Since previous (same condition): 3 days, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
57	**Sep 26, 2026** 01:17 AM	Migraine	1-4 hours	2 Mild	At an appointment

Symptoms: Nausea, Light sensitivity
Possible triggers: Stress
Notes: Noticed a familiar shimmer before the headache. Wrote down the timing after resting.
Personal episode label: Visual aura
Aura: noticed: Yes
Aura: symptoms: Visual changes
Pain: location: Right side
Pain: characteristics: Throbbing
Impact: activities: Activities reduced
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 2 days, 11 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
58	**Sep 23, 2026** 03:19 PM	Fainting / near-fainting	Not sure	3 Moderate	Home

Symptoms: Lightheadedness, Sweating, Vision changes
Possible triggers: Standing up
Notes: Needed a short break while waiting in line. Casey was nearby.
Personal episode label: Lightheaded spell
What happened: Not sure
Before: position: Sitting
Before: activity: Getting ready for the day.
Before: warning noticed: Not sure
During: awareness: Not sure
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 2 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
59	**Sep 23, 2026** 01:30 PM	Migraine	Under 1 hour	2 Mild	Home
	Symptoms: Nausea, Light sensitivity, Throbbing pain **Possible triggers:** Stress, Skipped meal **Notes:** Woke with a headache and took a slower start to the day. **Personal episode label:** One-sided headache **Aura: noticed:** No **Pain: location:** Both sides **Pain: characteristics:** Pressure **Impact: activities:** Activities stopped **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** No change **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 21 hours, 47 minutes				
60	**Sep 22, 2026** 08:33 PM	Seizure	0 min 30 sec	2 Mild	Home
	Symptoms: Confusion **Possible triggers:** Lack of sleep, Bright lights **Notes:** A brief pause during breakfast. Wrote down what I remembered once I felt settled. **Personal episode label:** Freeze **Before: warning noticed:** Yes **Before: details:** Noticed a familiar change shortly before this moment. **During: awareness:** Aware **During: observations:** Casey noticed a brief pause and stayed nearby. **After: symptoms:** Tired **After: recovery:** Back to usual **After: recovery time:** 5 minutes **Since previous (same condition):** 1 day, 20 hours				
61	**Sep 22, 2026** 03:43 PM	Migraine	12-24 hours	3 Moderate	Home
	Symptoms: Nausea **Possible triggers:** Lack of sleep **Notes:** Light felt uncomfortable this morning. A quiet room and a break from screens helped me rest. **Personal episode label:** Throbbing headache **Aura: noticed:** No **Pain: location:** Left side **Pain: characteristics:** Throbbing **Impact: activities:** Usual activities **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** Helped **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 1 day, 20 hours				
62	**Sep 20, 2026** 11:46 PM	Seizure	2 min	2 Mild	At an appointment
	Notes: Took a quiet break afterward and felt more like myself by lunch. **Personal episode label:** Brief pause **Since previous (same condition):** 1 day, 21 hours				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
63	**Sep 20, 2026** 06:56 PM	Migraine	Under 1 hour	1 Very Mild	Work

Symptoms: Nausea, Light sensitivity
Possible triggers: Stress
Notes: Started during the afternoon. Kept my plans light and took time to recover.
Personal episode label: Visual aura
Aura: noticed: Yes
Aura: symptoms: Visual changes
Pain: location: Right side
Pain: characteristics: Pressure
Impact: activities: Activities reduced
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 22 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
64	**Sep 20, 2026** 06:32 PM	Fainting / near-fainting	Under 1 minute	2 Mild	Home

Symptoms: Lightheadedness
Possible triggers: Heat, Standing for a while
Notes: Felt faint on a warm afternoon. Rested before continuing with the day.
Personal episode label: Near-faint
What happened: Nearly fainted
Before: position: Standing
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 2 minutes
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
65	**Sep 19, 2026** 08:45 PM	Fainting / near-fainting	1 to 5 minutes	5 Very Severe	Work

Symptoms: Lightheadedness, Sweating
Possible triggers: Standing up
Notes: A brief spell while getting ready. Recorded what I could remember afterward.
Personal episode label: Brief faint
What happened: Fainted
Before: position: Changing position
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Not aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 20 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
66	**Sep 19, 2026** 08:09 PM	Migraine	12-24 hours	2 Mild	Out with family

Symptoms: Nausea, Light sensitivity, Throbbing pain
Possible triggers: Stress
Notes: Noticed a familiar shimmer before the headache. Wrote down the timing after resting.
Personal episode label: One-sided headache
Aura: noticed: No
Pain: location: Both sides
Pain: characteristics: Throbbing
Impact: activities: Activities stopped
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 1 day, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
67	**Sep 19, 2026** 01:59 AM	Seizure	5 min	3 Moderate	Home

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress
Notes: Noticed a familiar warning while reading. I was at home with someone nearby.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 20 minutes
Since previous (same condition): 1 day, 12 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
68	**Sep 19, 2026** Time unknown	Panic attack	5 to under 20 minutes	1 Very Mild	Out with family

Symptoms: Racing heart, Shortness of breath, Trembling
Possible triggers: Stress
Notes: A sudden wave while out shopping. Found a quieter space and checked in with Casey.
Personal episode label: Evening episode
Onset: start: Not sure
Onset: expected: Not sure
Onset: context: A busy afternoon away from home.
Impact: activities: Activities stopped
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 1 day, 11 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
69	**Sep 18, 2026** Time unknown	Fainting / near-fainting	Not sure	1 Very Mild	Out with family

Symptoms: Lightheadedness, Sweating, Vision changes
Possible triggers: Standing up
Notes: Felt lightheaded after standing. Sat down and waited until I felt steady.
Personal episode label: Lightheaded spell
What happened: Not sure
Before: position: Sitting
Before: activity: Getting ready for the day.
Before: warning noticed: Not sure
During: awareness: Not sure
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 1 day, 22 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
70	**Sep 17, 2026** 11:22 PM	Migraine	4-12 hours	4 Severe	Home

Symptoms: Nausea
Possible triggers: Lack of sleep
Notes: Woke with a headache and took a slower start to the day.
Personal episode label: Throbbing headache
Aura: noticed: No
Pain: location: Left side
Pain: characteristics: Pressure
Impact: activities: Usual activities
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 1 day, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
71	**Sep 17, 2026** 01:18 PM	Panic attack	20 to under 60 minutes	3 Moderate	Home

Symptoms: Racing heart
Possible triggers: Crowded place
Notes: Noticed my heart racing before an appointment. Took a break until the feeling eased.
Personal episode label: Sudden wave
Onset: start: Suddenly
Onset: expected: No
Onset: context: A busy afternoon away from home.
Impact: activities: Usual activities
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
72	**Sep 17, 2026** 01:12 PM	Seizure	1 min	1 Very Mild	Home

Symptoms: Confusion
Possible triggers: Lack of sleep
Notes: Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day.
Personal episode label: Freeze
Before: warning noticed: Yes
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 3 days, 9 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
73	**Sep 17, 2026** 01:11 AM	Fainting / near-fainting	Under 1 minute	3 Moderate	Home

Symptoms: Lightheadedness
Possible triggers: Heat
Notes: Needed a short break while waiting in line. Casey was nearby.
Personal episode label: Near-faint
What happened: Nearly fainted
Before: position: Standing
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 2 minutes
Since previous (same condition): 4 days, 11 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
74	**Sep 16, 2026** 03:31 PM	Panic attack	5 to under 20 minutes	2 Mild	At an appointment
	Symptoms: Racing heart, Shortness of breath **Possible triggers:** Stress **Notes:** Needed some quiet time after a busy afternoon. Felt tired afterward. **Personal episode label:** Crowded-place episode **Onset: start:** Gradually **Onset: expected:** Yes **Onset: context:** A busy afternoon away from home. **Impact: activities:** Activities reduced **Relief: measures tried:** Quiet space, Support from someone **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 3 days, 20 hours				
75	**Sep 16, 2026** 01:59 AM	Vertigo / dizziness	5 to under 60 minutes	5 Very Severe	Work
	Symptoms: Spinning sensation, Feeling off-balance **Possible triggers:** Head movement **Notes:** Noticed spinning while reaching for a book. Kept the rest of the evening quiet. **Personal episode label:** Off-balance spell **Sensation:** Off-balance **Course:** Continuous **Position around start:** Sitting **Movement around start:** No **Impact: activities:** Activities reduced **Relief: measures tried:** Sitting down, Rest **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 1 day, 12 hours				
76	**Sep 16, 2026** 01:35 AM	Migraine	1-4 hours	3 Moderate	At an appointment
	Symptoms: Nausea, Light sensitivity **Possible triggers:** Stress, Skipped meal **Notes:** Light felt uncomfortable this morning. A quiet room and a break from screens helped me rest. **Personal episode label:** Visual aura **Aura: noticed:** Yes **Aura: symptoms:** Visual changes **Pain: location:** Right side **Pain: characteristics:** Throbbing **Impact: activities:** Activities reduced **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 1 day, 11 hours				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
77	**Sep 14, 2026** 01:48 PM	Migraine	4-12 hours	2 Mild	Home
	Symptoms: Nausea, Light sensitivity, Throbbing pain **Possible triggers:** Stress **Notes:** Started during the afternoon. Kept my plans light and took time to recover. **Personal episode label:** One-sided headache **Aura: noticed:** No **Pain: location:** Both sides **Pain: characteristics:** Pressure **Impact: activities:** Activities stopped **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** No change **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 22 hours, 47 minutes				
78	**Sep 14, 2026** Time unknown	Vertigo / dizziness	Not sure	1 Very Mild	Out with family
	Symptoms: Spinning sensation, Feeling off-balance, Nausea **Possible triggers:** Head movement **Notes:** The room seemed to spin when I turned my head. Sat still until I felt steadier. **Personal episode label:** Position change **Sensation:** A mixture **Course:** Not sure **Position around start:** Changing position **Movement around start:** Not sure **Impact: activities:** Activities stopped **Relief: measures tried:** Sitting down, Rest **Relief: reported overall response:** No change **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 3 days, 21 hours				
79	**Sep 14, 2026** 03:26 AM	Seizure	—	2 Mild	—
	Notes: Synthetic review example 1 **Since previous (same condition):** 1 day, 12 hours				
80	**Sep 13, 2026** 03:01 PM	Migraine	1-4 hours	5 Very Severe	Home
	Symptoms: Nausea **Possible triggers:** Lack of sleep **Notes:** Noticed a familiar shimmer before the headache. Wrote down the timing after resting. **Personal episode label:** Throbbing headache **Aura: noticed:** No **Pain: location:** Left side **Pain: characteristics:** Throbbing **Impact: activities:** Usual activities **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** Helped **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 11 hours, 34 minutes				
81	**Sep 13, 2026** 03:26 AM	Migraine	—	3 Moderate	—
	Notes: Synthetic review example 2 **Since previous (same condition):** 2 days				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
82	**Sep 12, 2026** 06:44 PM	Panic attack	Under 5 minutes	2 Mild	Home
	Symptoms: Racing heart, Shortness of breath, Trembling **Possible triggers:** Stress, Lack of sleep **Notes:** A familiar wave at home. Wrote down the details once I felt settled. **Personal episode label:** Evening episode **Onset: start:** Not sure **Onset: expected:** Not sure **Onset: context:** A busy afternoon away from home. **Impact: activities:** Activities stopped **Relief: measures tried:** Quiet space, Support from someone **Relief: reported overall response:** No change **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 1 day, 21 hours				
83	**Sep 12, 2026** 03:25 PM	Seizure	3 min	2 Mild	Work
	Symptoms: Confusion, Jerking movements **Possible triggers:** Stress **Notes:** A brief pause during breakfast. Wrote down what I remembered once I felt settled. **Personal episode label:** Brief pause **Before: warning noticed:** No **Before: details:** Noticed a familiar change shortly before this moment. **During: awareness:** Partly aware **During: observations:** Casey noticed a brief pause and stayed nearby. **After: symptoms:** Tired **After: recovery:** Back to usual **After: recovery time:** 5 minutes **Since previous (same condition):** 11 hours, 58 minutes				
84	**Sep 12, 2026** 01:24 PM	Fainting / near-fainting	1 to 5 minutes	2 Mild	At an appointment
	Symptoms: Lightheadedness, Sweating **Possible triggers:** Standing up **Notes:** Felt faint on a warm afternoon. Rested before continuing with the day. **Personal episode label:** Brief faint **What happened:** Fainted **Before: position:** Changing position **Before: activity:** Getting ready for the day. **Before: warning noticed:** Yes **During: awareness:** Not aware **During: injury reported:** No **After: symptoms:** Tired **After: recovery:** Back to usual **After: recovery time:** 5 minutes **Since previous (same condition):** 1 week, 1 day				
85	**Sep 12, 2026** 03:26 AM	Seizure	—	4 Severe	—
	Notes: Synthetic review example 3 **Since previous (same condition):** 1 day, 8 hours				
86	**Sep 11, 2026** 03:26 AM	Migraine	—	1 Very Mild	—
	Notes: Synthetic review example 4 **Since previous (same condition):** 2 days				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
87	**Sep 10, 2026** 08:57 PM	Panic attack	Not sure	3 Moderate	Home
	Symptoms: Racing heart **Possible triggers:** Crowded place **Notes:** A sudden wave while out shopping. Found a quieter space and checked in with Casey. **Personal episode label:** Sudden wave **Onset: start:** Suddenly **Onset: expected:** No **Onset: context:** A busy afternoon away from home. **Impact: activities:** Usual activities **Relief: measures tried:** Quiet space, Support from someone **Relief: reported overall response:** Helped **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 1 day, 21 hours				
88	**Sep 10, 2026** 06:38 PM	Seizure	0 min 30 sec	4 Severe	Out with family
	Symptoms: Confusion, Jerking movements, Dizziness **Possible triggers:** Stress, Bright lights **Notes:** Took a quiet break afterward and felt more like myself by lunch. **Personal episode label:** Shaking episode **Before: warning noticed:** Not sure **Before: details:** Noticed a familiar change shortly before this moment. **During: awareness:** Not aware **During: observations:** Casey noticed a brief pause and stayed nearby. **After: symptoms:** Tired, Confused **After: recovery:** Back to usual **After: recovery time:** 10 minutes **Since previous (same condition):** 15 hours, 11 minutes				
89	**Sep 10, 2026** 03:25 PM	Vertigo / dizziness	1 to under 5 minutes	3 Moderate	Home
	Symptoms: Spinning sensation **Possible triggers:** Changing position **Notes:** A short spell after getting up. Took my time before walking again. **Personal episode label:** Spinning spell **Sensation:** Spinning **Course:** Came and went **Position around start:** Standing **Movement around start:** Yes **Impact: activities:** Usual activities **Relief: measures tried:** Sitting down, Rest **Relief: reported overall response:** Helped **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 6 days, 20 hours				
90	**Sep 10, 2026** 03:26 AM	Seizure	—	2 Mild	—
	Notes: Synthetic review example 5 **Since previous (same condition):** 6 hours, 35 minutes				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
91	**Sep 9, 2026** 08:51 PM	Seizure	2 min	3 Moderate	Home
	Symptoms: Confusion **Possible triggers:** Lack of sleep **Notes:** Noticed a familiar warning while reading. I was at home with someone nearby. **Personal episode label:** Freeze **Before: warning noticed:** Yes **Before: details:** Noticed a familiar change shortly before this moment. **During: awareness:** Aware **During: observations:** Casey noticed a brief pause and stayed nearby. **After: symptoms:** Tired **After: recovery:** Back to usual **After: recovery time:** 5 minutes **Since previous (same condition):** 21 hours, 47 minutes				
92	**Sep 9, 2026** 03:26 AM	Migraine	—	3 Moderate	—
	Notes: Synthetic review example 6 **Since previous (same condition):** 9 hours, 12 minutes				
93	**Sep 8, 2026** 11:10 PM	Panic attack	Under 5 minutes	1 Very Mild	Work
	Symptoms: Racing heart, Shortness of breath **Possible triggers:** Stress **Notes:** Noticed my heart racing before an appointment. Took a break until the feeling eased. **Personal episode label:** Crowded-place episode **Onset: start:** Gradually **Onset: expected:** Yes **Onset: context:** A busy afternoon away from home. **Impact: activities:** Activities reduced **Relief: measures tried:** Quiet space, Support from someone **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 21 hours, 47 minutes				
94	**Sep 8, 2026** 11:04 PM	Seizure	5 min	2 Mild	At an appointment
	Symptoms: Confusion, Jerking movements **Possible triggers:** Stress **Notes:** Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day. **Personal episode label:** Brief pause **Since previous (same condition):** 19 hours, 37 minutes				
95	**Sep 8, 2026** Time unknown	Migraine	Under 1 hour	1 Very Mild	Work
	Symptoms: Nausea, Light sensitivity **Possible triggers:** Stress **Notes:** Woke with a headache and took a slower start to the day. **Personal episode label:** Visual aura **Aura: noticed:** Yes **Aura: symptoms:** Visual changes **Pain: location:** Right side **Pain: characteristics:** Pressure **Impact: activities:** Activities reduced **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 1 day, 14 hours				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
96	**Sep 8, 2026** 03:26 AM	Seizure	—	4 Severe	—
	Notes: Synthetic review example 7 **Since previous (same condition):** 1 week				
97	**Sep 8, 2026** 01:23 AM	Panic attack	Not sure	2 Mild	Out with family
	Symptoms: Racing heart, Shortness of breath, Trembling **Possible triggers:** Stress **Notes:** Needed some quiet time after a busy afternoon. Felt tired afterward. **Personal episode label:** Evening episode **Onset: start:** Not sure **Onset: expected:** Not sure **Onset: context:** A busy afternoon away from home. **Impact: activities:** Activities stopped **Relief: measures tried:** Quiet space, Support from someone **Relief: reported overall response:** No change **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 1 day, 11 hours				
98	**Sep 7, 2026** 03:26 AM	Migraine	—	1 Very Mild	—
	Notes: Synthetic review example 8 **Since previous (same condition):** 3 days, 6 hours				
99	**Sep 6, 2026** 01:36 PM	Panic attack	20 to under 60 minutes	4 Severe	Home
	Symptoms: Racing heart **Possible triggers:** Crowded place **Notes:** A familiar wave at home. Wrote down the details once I felt settled. **Personal episode label:** Sudden wave **Onset: start:** Suddenly **Onset: expected:** No **Onset: context:** A busy afternoon away from home. **Impact: activities:** Usual activities **Relief: measures tried:** Quiet space, Support from someone **Relief: reported overall response:** Helped **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 4 days, 21 hours				
100	**Sep 3, 2026** 08:27 PM	Migraine	12-24 hours	3 Moderate	Out with family
	Symptoms: Nausea, Light sensitivity, Throbbing pain **Possible triggers:** Stress **Notes:** Light felt uncomfortable this morning. A quiet room and a break from screens helped me rest. **Personal episode label:** One-sided headache **Aura: noticed:** No **Pain: location:** Both sides **Pain: characteristics:** Throbbing **Impact: activities:** Activities stopped **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** No change **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 4 days, 20 hours				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
101	**Sep 3, 2026** 06:38 PM	Vertigo / dizziness	1 to under 24 hours	2 Mild	At an appointment

Symptoms: Spinning sensation, Feeling off-balance
Possible triggers: Head movement
Notes: Felt off balance during the afternoon. Rested in a quiet room.
Personal episode label: Off-balance spell
Sensation: Off-balance
Course: Continuous
Position around start: Sitting
Movement around start: No
Impact: activities: Activities reduced
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 4 days, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
102	**Sep 3, 2026** 03:37 PM	Fainting / near-fainting	Not sure	2 Mild	Home

Symptoms: Lightheadedness, Sweating, Vision changes
Possible triggers: Standing up, Standing for a while
Notes: A brief spell while getting ready. Recorded what I could remember afterward.
Personal episode label: Lightheaded spell
What happened: Not sure
Before: position: Sitting
Before: activity: Getting ready for the day.
Before: warning noticed: Not sure
During: awareness: Not sure
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 3 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
103	**Sep 1, 2026** 03:49 PM	Panic attack	5 to under 20 minutes	3 Moderate	At an appointment

Symptoms: Racing heart, Shortness of breath
Possible triggers: Stress, Lack of sleep
Notes: A sudden wave while out shopping. Found a quieter space and checked in with Casey.
Personal episode label: Crowded-place episode
Onset: start: Gradually
Onset: expected: Yes
Onset: context: A busy afternoon away from home.
Impact: activities: Activities reduced
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
104	**Sep 1, 2026** 01:17 AM	Seizure	1 min	5 Very Severe	Home

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress
Notes: A brief pause during breakfast. Wrote down what I remembered once I felt settled.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 20 minutes
Since previous (same condition): 2 days, 11 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
105	**Aug 31, 2026** 06:02 PM	Panic attack	20 to under 60 minutes	2 Mild	Home

Symptoms: Racing heart, Shortness of breath, Trembling
Possible triggers: Stress
Notes: Noticed my heart racing before an appointment. Took a break until the feeling eased.
Personal episode label: Evening episode
Onset: start: Not sure
Onset: expected: Not sure
Onset: context: A busy afternoon away from home.
Impact: activities: Activities stopped
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 3 days, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
106	**Aug 30, 2026** 06:50 PM	Fainting / near-fainting	Under 1 minute	3 Moderate	Home

Symptoms: Lightheadedness
Possible triggers: Heat
Notes: Felt lightheaded after standing. Sat down and waited until I felt steady.
Personal episode label: Near-faint
What happened: Nearly fainted
Before: position: Standing
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 2 minutes
Since previous (same condition): 6 days, 22 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
107	**Aug 29, 2026** 11:40 PM	Migraine	Under 1 hour	2 Mild	Home

Symptoms: Nausea
Possible triggers: Lack of sleep, Skipped meal
Notes: Started during the afternoon. Kept my plans light and took time to recover.
Personal episode label: Throbbing headache
Aura: noticed: No
Pain: location: Left side
Pain: characteristics: Pressure
Impact: activities: Usual activities
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped
Recovery: status: Still recovering
Recovery: after-effects: Fatigue
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
108	**Aug 29, 2026** 08:51 PM	Vertigo / dizziness	Under 1 minute	2 Mild	Home

Symptoms: Spinning sensation, Feeling off-balance, Nausea
Possible triggers: Head movement, Busy visual surroundings
Notes: Noticed spinning while reaching for a book. Kept the rest of the evening quiet.
Personal episode label: Position change
Sensation: A mixture
Course: Not sure
Position around start: Changing position
Movement around start: Not sure
Impact: activities: Activities stopped
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 2 days, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
109	**Aug 29, 2026** Time unknown	Seizure	3 min	1 Very Mild	Home

Symptoms: Confusion
Possible triggers: Lack of sleep
Notes: Took a quiet break afterward and felt more like myself by lunch.
Personal episode label: Freeze
Before: warning noticed: Yes
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 30 minutes
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
110	**Aug 29, 2026** 01:53 AM	Migraine	12-24 hours	2 Mild	At an appointment

Notes: Noticed a familiar shimmer before the headache. Wrote down the timing after resting.
Personal episode label: Visual aura
Since previous (same condition): 5 days, 12 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
111	**Aug 28, 2026** 03:43 PM	Seizure	0 min 30 sec	3 Moderate	Work

Symptoms: Confusion, Jerking movements
Possible triggers: Stress, Bright lights
Notes: Noticed a familiar warning while reading. I was at home with someone nearby.
Personal episode label: Brief pause
Before: warning noticed: No
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Partly aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 20 minutes
Since previous (same condition): 4 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
112	**Aug 27, 2026** 08:15 PM	Panic attack	5 to under 20 minutes	5 Very Severe	Home

Symptoms: Racing heart
Possible triggers: Crowded place
Notes: Needed some quiet time after a busy afternoon. Felt tired afterward.
Personal episode label: Sudden wave
Onset: start: Suddenly
Onset: expected: No
Onset: context: A busy afternoon away from home.
Impact: activities: Usual activities
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 2 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
113	**Aug 26, 2026** 11:04 PM	Vertigo / dizziness	5 to under 60 minutes	3 Moderate	Home

Symptoms: Spinning sensation
Possible triggers: Changing position
Notes: The room seemed to spin when I turned my head. Sat still until I felt steadier.
Personal episode label: Spinning spell
Sensation: Spinning
Course: Came and went
Position around start: Standing
Movement around start: Yes
Impact: activities: Usual activities
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 3 days, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
114	**Aug 24, 2026** Time unknown	Panic attack	Under 5 minutes	1 Very Mild	Work

Symptoms: Racing heart, Shortness of breath
Possible triggers: Stress
Notes: A familiar wave at home. Wrote down the details once I felt settled.
Personal episode label: Crowded-place episode
Onset: start: Gradually
Onset: expected: Yes
Onset: context: A busy afternoon away from home.
Impact: activities: Activities reduced
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped partly
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 5 days, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
115	**Aug 23, 2026** 08:03 PM	Fainting / near-fainting	1 to 5 minutes	1 Very Mild	Work

Symptoms: Lightheadedness, Sweating
Possible triggers: Standing up
Notes: Needed a short break while waiting in line. Casey was nearby.
Personal episode label: Brief faint
What happened: Fainted
Before: position: Changing position
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Not aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 5 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
116	**Aug 23, 2026** 06:56 PM	Seizure	2 min	2 Mild	Out with family

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress
Notes: Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 2 days, 22 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
117	**Aug 23, 2026** 01:06 PM	Migraine	4-12 hours	3 Moderate	Home

Symptoms: Nausea, Light sensitivity, Throbbing pain
Possible triggers: Stress
Notes: Woke with a headache and took a slower start to the day.
Personal episode label: One-sided headache
Aura: noticed: No
Pain: location: Both sides
Pain: characteristics: Pressure
Impact: activities: Activities stopped
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
118	**Aug 23, 2026** 01:17 AM	Vertigo / dizziness	Not sure	1 Very Mild	Work
	Symptoms: Spinning sensation, Feeling off-balance **Possible triggers:** Head movement **Notes:** A short spell after getting up. Took my time before walking again. **Personal episode label:** Off-balance spell **Sensation:** Off-balance **Course:** Continuous **Position around start:** Sitting **Movement around start:** No **Impact: activities:** Activities reduced **Relief: measures tried:** Sitting down, Rest **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 2 days, 11 hours				
119	**Aug 22, 2026** 03:19 PM	Migraine	1-4 hours	1 Very Mild	Home
	Symptoms: Nausea **Possible triggers:** Lack of sleep **Notes:** Light felt uncomfortable this morning. A quiet room and a break from screens helped me rest. **Personal episode label:** Throbbing headache **Aura: noticed:** No **Pain: location:** Left side **Pain: characteristics:** Throbbing **Impact: activities:** Usual activities **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** Helped **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 20 hours, 47 minutes				
120	**Aug 21, 2026** 06:32 PM	Migraine	Under 1 hour	2 Mild	Work
	Symptoms: Nausea, Light sensitivity **Possible triggers:** Stress **Notes:** Started during the afternoon. Kept my plans light and took time to recover. **Personal episode label:** Visual aura **Aura: noticed:** Yes **Aura: symptoms:** Visual changes **Pain: location:** Right side **Pain: characteristics:** Pressure **Impact: activities:** Activities reduced **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 2 days, 21 hours				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
121	**Aug 20, 2026** 08:09 PM	Seizure	5 min	2 Mild	Home

Symptoms: Confusion
Possible triggers: Lack of sleep
Notes: A brief pause during breakfast. Wrote down what I remembered once I felt settled.
Personal episode label: Freeze
Before: warning noticed: Yes
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 1 day, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
122	**Aug 20, 2026** 01:30 PM	Vertigo / dizziness	1 to under 5 minutes	2 Mild	Out with family

Symptoms: Spinning sensation, Feeling off-balance, Nausea
Possible triggers: Head movement
Notes: Felt off balance during the afternoon. Rested in a quiet room.
Personal episode label: Position change
Sensation: A mixture
Course: Not sure
Position around start: Changing position
Movement around start: Not sure
Impact: activities: Activities stopped
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 3 days, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
123	**Aug 19, 2026** 01:41 AM	Panic attack	Not sure	3 Moderate	Out with family

Symptoms: Racing heart, Shortness of breath, Trembling
Possible triggers: Stress
Notes: A sudden wave while out shopping. Found a quieter space and checked in with Casey.
Personal episode label: Evening episode
Onset: start: Not sure
Onset: expected: Not sure
Onset: context: A busy afternoon away from home.
Impact: activities: Activities stopped
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 2 days, 11 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
124	**Aug 18, 2026** 11:22 PM	Seizure	1 min	3 Moderate	At an appointment

Symptoms: Confusion, Jerking movements
Possible triggers: Stress
Notes: Took a quiet break afterward and felt more like myself by lunch.
Personal episode label: Brief pause
Before: warning noticed: No
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Partly aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
125	**Aug 18, 2026** 08:45 PM	Migraine	1-4 hours	4 Severe	Out with family

Symptoms: Nausea, Light sensitivity, Throbbing pain
Possible triggers: Stress, Skipped meal
Notes: Noticed a familiar shimmer before the headache. Wrote down the timing after resting.
Personal episode label: One-sided headache
Aura: noticed: No
Pain: location: Both sides
Pain: characteristics: Throbbing
Impact: activities: Activities stopped
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 20 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
126	**Aug 18, 2026** 01:35 AM	Seizure	3 min	1 Very Mild	Home

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress
Notes: Noticed a familiar warning while reading. I was at home with someone nearby.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 3 days, 11 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
127	**Aug 17, 2026** 11:58 PM	Migraine	Under 1 hour	3 Moderate	Home

Symptoms: Nausea
Possible triggers: Lack of sleep
Notes: Woke with a headache and took a slower start to the day.
Personal episode label: Throbbing headache
Aura: noticed: No
Pain: location: Left side
Pain: characteristics: Pressure
Impact: activities: Usual activities
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 3 days, 22 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
128	**Aug 17, 2026** 11:16 PM	Fainting / near-fainting	Not sure	2 Mild	Out with family

Symptoms: Lightheadedness, Sweating, Vision changes
Possible triggers: Standing up
Notes: Felt faint on a warm afternoon. Rested before continuing with the day.
Personal episode label: Lightheaded spell
What happened: Not sure
Before: position: Sitting
Before: activity: Getting ready for the day.
Before: warning noticed: Not sure
During: awareness: Not sure
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
129	**Aug 17, 2026** 01:29 AM	Fainting / near-fainting	Under 1 minute	4 Severe	Home

Symptoms: Lightheadedness
Possible triggers: Heat
Notes: A brief spell while getting ready. Recorded what I could remember afterward.
Personal episode label: Near-faint
What happened: Nearly fainted
Before: position: Standing
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 2 minutes
Since previous (same condition): 2 days, 11 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
130	**Aug 16, 2026** 03:43 PM	Vertigo / dizziness	1 to under 24 hours	4 Severe	Home

Symptoms: Spinning sensation
Possible triggers: Changing position
Notes: Noticed spinning while reaching for a book. Kept the rest of the evening quiet.
Personal episode label: Spinning spell
Sensation: Spinning
Course: Came and went
Position around start: Standing
Movement around start: Yes
Impact: activities: Usual activities
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 1 week, 1 day

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
131	**Aug 16, 2026** 01:54 PM	Panic attack	Under 5 minutes	2 Mild	Home

Symptoms: Racing heart
Possible triggers: Crowded place, Lack of sleep
Notes: Noticed my heart racing before an appointment. Took a break until the feeling eased.
Personal episode label: Sudden wave
Onset: start: Suddenly
Onset: expected: No
Onset: context: A busy afternoon away from home.
Impact: activities: Usual activities
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 2 days, 22 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
132	**Aug 14, 2026** 01:48 PM	Seizure	0 min 30 sec	2 Mild	Home

Symptoms: Confusion
Possible triggers: Lack of sleep, Bright lights
Notes: Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day.
Personal episode label: Freeze
Before: warning noticed: Yes
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 30 minutes
Since previous (same condition): 22 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
133	**Aug 14, 2026** 01:42 PM	Fainting / near-fainting	1 to 5 minutes	3 Moderate	At an appointment

Symptoms: Lightheadedness, Sweating
Possible triggers: Standing up, Standing for a while
Notes: Felt lightheaded after standing. Sat down and waited until I felt steady.
Personal episode label: Brief faint
What happened: Fainted
Before: position: Changing position
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Not aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 1 day, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
134	**Aug 14, 2026** 01:11 AM	Migraine	12-24 hours	2 Mild	At an appointment

Symptoms: Nausea, Light sensitivity
Possible triggers: Stress
Notes: Light felt uncomfortable this morning. A quiet room and a break from screens helped me rest.
Personal episode label: Visual aura
Since previous (same condition): 1 day, 11 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
135	**Aug 13, 2026** 03:07 PM	Panic attack	Not sure	2 Mild	At an appointment

Notes: Needed some quiet time after a busy afternoon. Felt tired afterward.
Personal episode label: Crowded-place episode
Since previous (same condition): 2 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
136	**Aug 13, 2026** 03:01 PM	Seizure	—	4 Severe	Work

Symptoms: Confusion, Jerking movements
Possible triggers: Stress
Notes: A brief pause during breakfast. Wrote down what I remembered once I felt settled.
Personal episode label: Brief pause
Before: warning noticed: No
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Partly aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 20 minutes
Since previous (same condition): 1 day, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
137	**Aug 12, 2026** 03:55 PM	Fainting / near-fainting	Not sure	2 Mild	Home

Symptoms: Lightheadedness, Sweating, Vision changes
Possible triggers: Standing up
Notes: Needed a short break while waiting in line. Casey was nearby.
Personal episode label: Lightheaded spell
What happened: Not sure
Before: position: Sitting
Before: activity: Getting ready for the day.
Before: warning noticed: Not sure
During: awareness: Not sure
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 21 hours, 47 minutes

138	**Aug 12, 2026** 01:24 PM	Migraine	4-12 hours	5 Very Severe	Home

Symptoms: Nausea, Light sensitivity, Throbbing pain
Possible triggers: Stress
Notes: Started during the afternoon. Kept my plans light and took time to recover.
Personal episode label: One-sided headache
Aura: noticed: No
Pain: location: Both sides
Pain: characteristics: Pressure
Impact: activities: Activities stopped
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 1 day, 21 hours

139	**Aug 11, 2026** 06:14 PM	Seizure	5 min	3 Moderate	Out with family

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress
Notes: Took a quiet break afterward and felt more like myself by lunch.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 2 days, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
140	**Aug 11, 2026** 06:08 PM	Fainting / near-fainting	Under 1 minute	5 Very Severe	Home

Symptoms: Lightheadedness
Possible triggers: Heat
Notes: Felt faint on a warm afternoon. Rested before continuing with the day.
Personal episode label: Near-faint
What happened: Nearly fainted
Before: position: Standing
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 2 minutes
Since previous (same condition): 1 day, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
141	**Aug 10, 2026** 06:20 PM	Panic attack	20 to under 60 minutes	3 Moderate	Home

Symptoms: Racing heart, Shortness of breath, Trembling
Possible triggers: Stress
Notes: A familiar wave at home. Wrote down the details once I felt settled.
Personal episode label: Evening episode
Onset: start: Not sure
Onset: expected: Not sure
Onset: context: A busy afternoon away from home.
Impact: activities: Activities stopped
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 21 hours, 47 minutes

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
142	**Aug 10, 2026** Time unknown	Migraine	12-24 hours	1 Very Mild	Home

Symptoms: Nausea
Possible triggers: Lack of sleep
Notes: Noticed a familiar shimmer before the headache. Wrote down the timing after resting.
Personal episode label: Throbbing headache
Aura: noticed: No
Pain: location: Left side
Pain: characteristics: Throbbing
Impact: activities: Usual activities
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 2 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
143	**Aug 9, 2026** 08:33 PM	Panic attack	5 to under 20 minutes	1 Very Mild	Home

Symptoms: Racing heart
Possible triggers: Crowded place
Notes: A sudden wave while out shopping. Found a quieter space and checked in with Casey.
Personal episode label: Sudden wave
Onset: start: Suddenly
Onset: expected: No
Onset: context: A busy afternoon away from home.
Impact: activities: Usual activities
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 2 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
144	**Aug 9, 2026** Time unknown	Fainting / near-fainting	1 to 5 minutes	1 Very Mild	Work

Symptoms: Lightheadedness, Sweating
Possible triggers: Standing up
Notes: A brief spell while getting ready. Recorded what I could remember afterward.
Personal episode label: Brief faint
What happened: Fainted
Before: position: Changing position
Before: activity: Getting ready for the day.
Before: warning noticed: Yes
During: awareness: Not aware
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): 3 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
145	**Aug 8, 2026** 08:27 PM	Seizure	1 min	2 Mild	Home

Symptoms: Confusion
Possible triggers: Lack of sleep
Notes: Noticed a familiar warning while reading. I was at home with someone nearby.
Personal episode label: Freeze
Before: warning noticed: Yes
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 20 minutes
Since previous (same condition): 1 day, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
146	**Aug 7, 2026** 06:56 PM	Vertigo / dizziness	Under 1 minute	3 Moderate	At an appointment
	Symptoms: Spinning sensation, Feeling off-balance **Possible triggers:** Head movement, Busy visual surroundings **Notes:** The room seemed to spin when I turned my head. Sat still until I felt steadier. **Personal episode label:** Off-balance spell **Sensation:** Off-balance **Course:** Continuous **Position around start:** Sitting **Movement around start:** No **Impact: activities:** Activities reduced **Relief: measures tried:** Sitting down, Rest **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 1 day, 22 hours				
147	**Aug 7, 2026** 06:50 PM	Migraine	4-12 hours	3 Moderate	Work
	Symptoms: Nausea, Light sensitivity **Possible triggers:** Stress, Skipped meal **Notes:** Woke with a headache and took a slower start to the day. **Personal episode label:** Visual aura **Aura: noticed:** Yes **Aura: symptoms:** Visual changes **Pain: location:** Right side **Pain: characteristics:** Pressure **Impact: activities:** Activities reduced **Relief: measures tried:** Rest, Quiet room **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Fatigue **Since previous (same condition):** 1 day, 22 hours				
148	**Aug 6, 2026** 11:46 PM	Panic attack	Under 5 minutes	2 Mild	Work
	Symptoms: Racing heart, Shortness of breath **Possible triggers:** Stress **Notes:** Noticed my heart racing before an appointment. Took a break until the feeling eased. **Personal episode label:** Crowded-place episode **Onset: start:** Gradually **Onset: expected:** Yes **Onset: context:** A busy afternoon away from home. **Impact: activities:** Activities reduced **Relief: measures tried:** Quiet space, Support from someone **Relief: reported overall response:** Helped partly **Recovery: status:** Back to usual **Recovery: after-effects:** Tired **Since previous (same condition):** 21 hours, 47 minutes				

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
149	**Aug 6, 2026** 11:40 PM	Seizure	3 min	5 Very Severe	At an appointment

Symptoms: Confusion, Jerking movements
Possible triggers: Stress
Notes: Rested on the couch afterward. Casey stayed with me until I felt ready to continue my day.
Personal episode label: Brief pause
Before: warning noticed: No
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Partly aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired, Confused
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): 1 day, 21 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
150	**Aug 6, 2026** 01:59 AM	Panic attack	5 to under 20 minutes	4 Severe	Out with family

Symptoms: Racing heart, Shortness of breath, Trembling
Possible triggers: Stress, Lack of sleep
Notes: Needed some quiet time after a busy afternoon. Felt tired afterward.
Personal episode label: Evening episode
Onset: start: Not sure
Onset: expected: Not sure
Onset: context: A busy afternoon away from home.
Impact: activities: Activities stopped
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 3 days, 12 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
151	**Aug 5, 2026** 11:34 PM	Fainting / near-fainting	Not sure	3 Moderate	Out with family

Symptoms: Lightheadedness, Sweating, Vision changes
Possible triggers: Standing up
Notes: Felt lightheaded after standing. Sat down and waited until I felt steady.
Personal episode label: Lightheaded spell
What happened: Not sure
Before: position: Sitting
Before: activity: Getting ready for the day.
Before: warning noticed: Not sure
During: awareness: Not sure
During: injury reported: No
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 10 minutes
Since previous (same condition): First recorded fainting / near-fainting

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
152	**Aug 5, 2026** 08:09 PM	Vertigo / dizziness	5 to under 60 minutes	2 Mild	Home

Symptoms: Spinning sensation, Feeling off-balance, Nausea
Possible triggers: Head movement
Notes: A short spell after getting up. Took my time before walking again.
Personal episode label: Position change
Sensation: A mixture
Course: Not sure
Position around start: Changing position
Movement around start: Not sure
Impact: activities: Activities stopped
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): 2 days, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
153	**Aug 5, 2026** 08:03 PM	Migraine	1-4 hours	2 Mild	Out with family

Symptoms: Nausea, Light sensitivity, Throbbing pain
Possible triggers: Stress
Notes: Light felt uncomfortable this morning. A quiet room and a break from screens helped me rest.
Personal episode label: One-sided headache
Aura: noticed: No
Pain: location: Both sides
Pain: characteristics: Throbbing
Impact: activities: Activities stopped
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: No change
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): 1 day, 20 hours

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
154	**Aug 5, 2026** Time unknown	Seizure	0 min 30 sec	1 Very Mild	Home

Symptoms: Confusion, Jerking movements, Dizziness
Possible triggers: Stress, Bright lights
Notes: A brief pause during breakfast. Wrote down what I remembered once I felt settled.
Personal episode label: Shaking episode
Before: warning noticed: Not sure
Before: details: Noticed a familiar change shortly before this moment.
During: awareness: Not aware
During: observations: Casey noticed a brief pause and stayed nearby.
After: symptoms: Tired
After: recovery: Back to usual
After: recovery time: 5 minutes
Since previous (same condition): First recorded seizure

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
155	**Aug 3, 2026** 11:16 PM	Migraine	Under 1 hour	2 Mild	Home

Symptoms: Nausea
Possible triggers: Lack of sleep
Notes: Started during the afternoon. Kept my plans light and took time to recover.
Personal episode label: Throbbing headache
Aura: noticed: No
Pain: location: Left side
Pain: characteristics: Pressure
Impact: activities: Usual activities
Relief: measures tried: Rest, Quiet room
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Fatigue
Since previous (same condition): First recorded migraine

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
156	**Aug 2, 2026** 11:22 PM	Vertigo / dizziness	Not sure	5 Very Severe	Home

Symptoms: Spinning sensation
Possible triggers: Changing position
Notes: Felt off balance during the afternoon. Rested in a quiet room.
Personal episode label: Spinning spell
Sensation: Spinning
Course: Came and went
Position around start: Standing
Movement around start: Yes
Impact: activities: Usual activities
Relief: measures tried: Sitting down, Rest
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): First recorded vertigo / dizziness

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
157	**Aug 2, 2026** 01:12 PM	Panic attack	Under 5 minutes	3 Moderate	Home

Symptoms: Racing heart
Possible triggers: Crowded place
Notes: A familiar wave at home. Wrote down the details once I felt settled.
Personal episode label: Sudden wave
Onset: start: Suddenly
Onset: expected: No
Onset: context: A busy afternoon away from home.
Impact: activities: Usual activities
Relief: measures tried: Quiet space, Support from someone
Relief: reported overall response: Helped
Recovery: status: Back to usual
Recovery: after-effects: Tired
Since previous (same condition): First recorded panic attack

DAILY CHECK-INS

92 recorded days

Self-reported ratings. Missing days or ratings are not zero and do not indicate whether moments occurred.

Anxiety: 92 rated days | Most often: Low (43)
Fatigue: 91 rated days | Most often: Low (41)
Sleep quality: 91 rated days | Most often: Good (34)
General wellbeing: 91 rated days | Most often: Tied ratings (33)

2026-11-01 | Africa/Lagos
Anxiety: Low (2/5) | Fatigue: Not recorded | Sleep quality: Not recorded | General wellbeing: Not recorded

2026-10-30 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-10-29 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A busy day with time to rest in the afternoon.

2026-10-28 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Slept well and felt ready for the day.

2026-10-27 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: High (4/5) | Sleep quality: Fair (3/5) | General wellbeing: Poor (2/5)

2026-10-26 | America/Chicago
Anxiety: High (4/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Poor (2/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-10-25 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-10-24 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A busy day with time to rest in the afternoon.

2026-10-23 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)

2026-10-22 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: Kept things gentle and made time for a break.

2026-10-21 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Fair (3/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-10-20 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-10-19 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A busy day with time to rest in the afternoon.

2026-10-18 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Slept well and felt ready for the day.

2026-10-17 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Kept things gentle and made time for a break.

2026-10-16 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-10-15 | America/Chicago
Anxiety: High (4/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Poor (2/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-10-14 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A busy day with time to rest in the afternoon.

2026-10-13 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Slept well and felt ready for the day.

2026-10-12 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Kept things gentle and made time for a break.

2026-10-11 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-10-10 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Fair (3/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-10-09 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A busy day with time to rest in the afternoon.

2026-10-08 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Slept well and felt ready for the day.

2026-10-07 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Kept things gentle and made time for a break.

2026-10-06 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-10-05 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-10-04 | America/Chicago
Anxiety: High (4/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Poor (2/5)
Notes: A busy day with time to rest in the afternoon.

2026-10-03 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Slept well and felt ready for the day.

2026-10-02 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Kept things gentle and made time for a break.

2026-10-01 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-09-30 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-09-29 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Fair (3/5)
Notes: A busy day with time to rest in the afternoon.

2026-09-28 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Slept well and felt ready for the day.

2026-09-27 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Kept things gentle and made time for a break.

2026-09-26 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-09-25 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-09-24 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: A busy day with time to rest in the afternoon.

2026-09-23 | America/Chicago
Anxiety: High (4/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Poor (2/5)
Notes: Slept well and felt ready for the day.

2026-09-22 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Kept things gentle and made time for a break.

2026-09-21 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-09-20 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-09-19 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: A busy day with time to rest in the afternoon.

2026-09-18 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Fair (3/5)
Notes: Slept well and felt ready for the day.

2026-09-17 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Kept things gentle and made time for a break.

2026-09-16 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-09-15 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-09-14 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A busy day with time to rest in the afternoon.

2026-09-13 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: Slept well and felt ready for the day.

2026-09-12 | America/Chicago
Anxiety: High (4/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Poor (2/5)
Notes: Kept things gentle and made time for a break.

2026-09-11 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-09-10 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-09-09 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A busy day with time to rest in the afternoon.

2026-09-08 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: Slept well and felt ready for the day.

2026-09-07 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Fair (3/5)
Notes: Kept things gentle and made time for a break.

2026-09-06 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-09-05 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-09-04 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A busy day with time to rest in the afternoon.

2026-09-03 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Slept well and felt ready for the day.

2026-09-02 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: Kept things gentle and made time for a break.

2026-09-01 | America/Chicago
Anxiety: High (4/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Poor (2/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-08-31 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-08-30 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A busy day with time to rest in the afternoon.

2026-08-29 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Slept well and felt ready for the day.

2026-08-28 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: Kept things gentle and made time for a break.

2026-08-27 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Fair (3/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-08-26 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-08-25 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A busy day with time to rest in the afternoon.

2026-08-24 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Slept well and felt ready for the day.

2026-08-23 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Kept things gentle and made time for a break.

2026-08-22 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-08-21 | America/Chicago
Anxiety: High (4/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Poor (2/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-08-20 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A busy day with time to rest in the afternoon.

2026-08-19 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Slept well and felt ready for the day.

2026-08-18 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Kept things gentle and made time for a break.

2026-08-17 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-08-16 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Fair (3/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-08-15 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A busy day with time to rest in the afternoon.

2026-08-14 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Slept well and felt ready for the day.

2026-08-13 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Kept things gentle and made time for a break.

2026-08-12 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-08-11 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-08-10 | America/Chicago
Anxiety: High (4/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Poor (2/5)
Notes: A busy day with time to rest in the afternoon.

2026-08-09 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Slept well and felt ready for the day.

2026-08-08 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: Low (2/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: Kept things gentle and made time for a break.

2026-08-07 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-08-06 | America/Chicago
Anxiety: None (1/5) | Fatigue: None (1/5) | Sleep quality: Very good (5/5) | General wellbeing: Very good (5/5)
Notes: A steady day. Enjoyed a short walk and a quiet evening.

2026-08-05 | America/Chicago
Anxiety: Moderate (3/5) | Fatigue: High (4/5) | Sleep quality: Poor (2/5) | General wellbeing: Fair (3/5)
Notes: A busy day with time to rest in the afternoon.

2026-08-04 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Slept well and felt ready for the day.

2026-08-03 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Low (2/5) | Sleep quality: Good (4/5) | General wellbeing: Good (4/5)
Notes: Kept things gentle and made time for a break.

2026-08-02 | America/Chicago
Anxiety: Low (2/5) | Fatigue: Moderate (3/5) | Sleep quality: Fair (3/5) | General wellbeing: Fair (3/5)
Notes: A slower day after less sleep. Checked in with Casey.

2026-07-28 | America/Chicago
Anxiety: Low (2/5) | Fatigue: None (1/5) | Sleep quality: Good (4/5) | General wellbeing: Very good (5/5)
Notes: [Clarity sample v1:daily] Synthetic daily check-in for exploring MOMENTS.