

WEEKLY SUMMARY

6/7 DAYS TRACKED



- Your **MOOD** is up from last week.
- ANXIETY** was your most severe symptom.
- You logged 95% of your scheduled **MEDICATIONS**.
- Your total time spent on **YOGA** is up this week.

MOOD

UP FROM LAST WEEK



Very Negative	—	Positive	20%
Negative	—	Very Positive	15%
Neutral	65%		

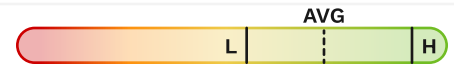
SYMPTOMS*

S M T W T F S

Anxiety	4	4	3	3	4	4	4
Constipation	4	3	2	2	2	3	2
Nausea	—	—	3	2	1	2	1
Fatigue	—	2	2	3	0	2	1
Decreased Appetite	—	2	2	0	3	1	1
Joint Pain	—	1	2	1	1	0	0

*Highest reported/day: None (0), Mild (1), Moderate (2), Severe (3), Very Severe (4)

CONDITION



Low Mediocre 55%	High Great 92%	Average Good 78%
Sun, Mar 17	Wed, Mar 20	DOWN 12% FROM LAST WEEK

MEDICATIONS

S M T W T F S

Ibuprofen (100 mg, 2x weekly)	—	✓	—	✓	—	✓	—
Lorazepam (2 mg, daily)	✓	✓	—	✓	✓	✓	✓
Zofran (8 mg, 2x daily)	✓	✓	—	✓	✓	✓	✓

○ Days scheduled ✓ Logged — Not logged

VITALS



LOW HIGH



Blood Glucose (mg/dl)	59	122
Blood Pressure (mmHg)	114/76	122/80
Heart Rate (bpm)	54	138
Temperature (°F)	96.0	98.4
Weight (lbs)	151.3	153.8



ACTIVITIES	DAYS	TOTAL	DAILY AVG	
Gardening (hr)	4	4.0	1.0	⌵
Sleep (hr)	7	58.8	8.4	⬆️
Steps	7	50645	7235	⬆️
Yoga (hr)	7	10.5	1.5	⬆️
Water (cups)	7	43.4	6.2	⌵
Urination (count)	7	35	5	⬆️
Bowel Movement (count)	7	7	1	—


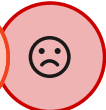
⬆️ Up from past 21 days ⌵ Down from past 21 days

PERSONAL INSIGHTS*

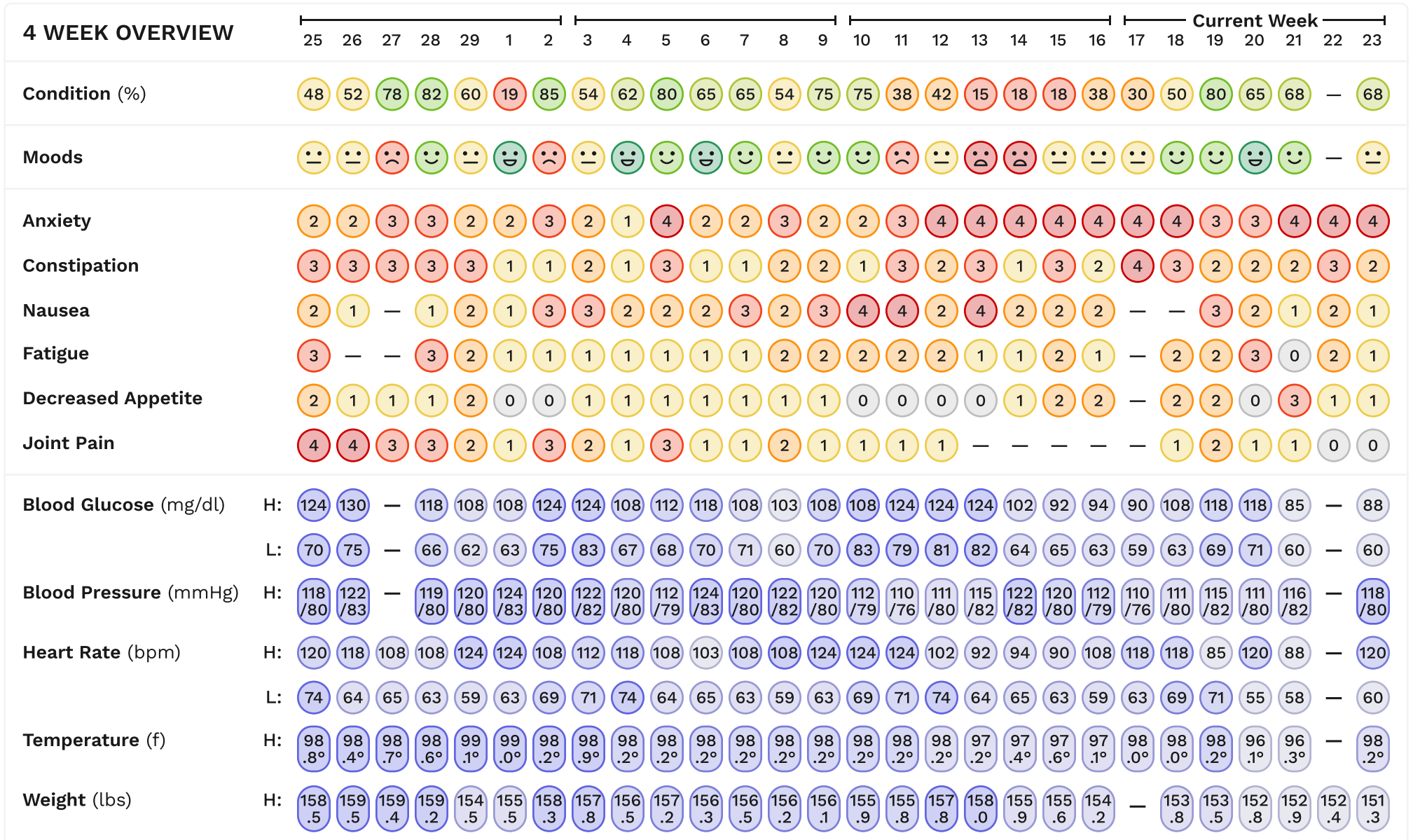
  **More Steps / Positive Mood +95%**
 On days you logged more steps, you were 95% more likely to experience positive moods.


  **More Sleep / Feeling Better +87%**
 On days you logged more sleep, you were 87% more likely to experience an above average condition.


  **Lorazepam / Nausea +64%**
 On days you logged Lorazepam, you were 64% more likely to experience nausea.


  **Less Water / Fatigue +58%**
 On days you logged less water, you were 58% more likely to experience fatigue.


**Wave's proprietary algorithms identify potential relationships between various factors of your treatment experience and the symptoms, condition shifts or mood changes you've logged. Wave Insights are based solely on aspects of logged activities and experiences over the past 45 days.*

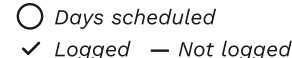


Condition (Data point shows the average value logged each day)

 Scale ranges from 0% (Horrible) to 100% (Great)

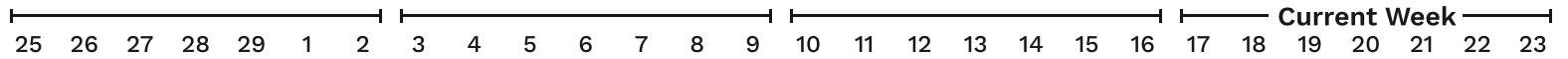
Mood (Data point shows the average mood logged each day)

 Very Negative, Negative, Neutral, Positive, Very Positive

Symptoms (Data point shows the highest severity logged each day)

 None (0), Mild (1), Moderate (2), Severe (3), Unbearable (4)

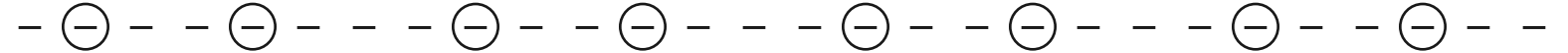
Vitals (Data point shows the lowest (L) and/or highest (H) value logged)

 Lowest value is the lightest color, Highest value is the darkest color

Medication (Displayed next to each medication is the dosage and frequency (i.e. "20 mg, daily"))


4 WEEK OVERVIEW



Ibu... (100 mg, 2x weekly)



Lorazep... (100 mg, daily)



Zofran... (8 mg, 2x daily)



Gardening (hr)



Sleep (hr)



Steps (thousand)



Yoga (hr)



Water (cups)



Urination (count)



Bowel Movement (count)



Activities (Data point shows the total value logged each day)



Lowest value is the lightest color, Highest value is the darkest color