

END OF WEEK

What patterns are showing up?

When you sit with your week, the goal is not a diagnosis. It is to notice what repeats. Anything that shows up more than once is worth writing down.



Symptoms that came up more than once

Anything that repeated — even mildly.

Rooms or places that kept appearing

Where were you when symptoms showed up most?

Time of day or week patterns

Mornings, evenings, weekdays, weekends.

Weather or environmental shifts

Humidity, storms, heat, an open window, a new candle.

Best day this week

What felt different about it?

Hardest day this week

What stood out about it?

NOTES & OBSERVATIONS

Patterns rarely show themselves in one week. Keep going — every page adds clarity to the next.