

Tracking modes

Create your own mode legend by using a color or number to represent the modes. If using colors, choose your favorite color for Low/No Symptom mode. See bottom for mode details.

Daily/Hourly

Saturday		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	
12 AM		12 AM		12 AM		12 AM		12 AM		12 AM		12 AM	
01 AM		01 AM		01 AM		01 AM		01 AM		01 AM		01 AM	
02 AM		02 AM		02 AM		02 AM		02 AM		02 AM		02 AM	
03 AM		03 AM		03 AM		03 AM		03 AM		03 AM		03 AM	
04 AM		04 AM		04 AM		04 AM		04 AM		04 AM		04 AM	
05 AM		05 AM		05 AM		05 AM		05 AM		05 AM		05 AM	
06 AM		06 AM		06 AM		06 AM		06 AM		06 AM		06 AM	
07 AM		07 AM		07 AM		07 AM		07 AM		07 AM		07 AM	
08 AM		08 AM		08 AM		08 AM		08 AM		08 AM		08 AM	
09 AM		09 AM		09 AM		09 AM		09 AM		09 AM		09 AM	
10 AM		10 AM		10 AM		10 AM		10 AM		10 AM		10 AM	
11 AM		11 AM		11 AM		11 AM		11 AM		11 AM		11 AM	
12 PM		12 PM		12 PM		12 PM		12 PM		12 PM		12 PM	
01 PM		01 PM		01 PM		01 PM		01 PM		01 PM		01 PM	
02 PM		02 PM		02 PM		02 PM		02 PM		02 PM		02 PM	
03 PM		03 PM		03 PM		03 PM		03 PM		03 PM		03 PM	
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06 PM		06 PM		06 PM		06 PM		06 PM		06 PM		06 PM	
07 PM		07 PM		07 PM		07 PM		07 PM		07 PM		07 PM	
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09 PM		09 PM		09 PM		09 PM		09 PM		09 PM		09 PM	
10 PM		10 PM		10 PM		10 PM		10 PM		10 PM		10 PM	
11 PM		11 PM		11 PM		11 PM		11 PM		11 PM		11 PM	

Low/No symptom mode: You are dealing with no symptoms or symptoms that aren't distracting.

Combat/Warrior mode: You are battling symptoms that are distracting.

Succumb to symptoms/Sloth-Sleep mode: You are unable to get out of your chair or bed, or are unconscious.

