Symptom log summary

Prepared by the person keeping the log, for discussion at an appointment. This report covers their check-ins and any included Health context in the stated range.

SAMPLE REPORT - Fictional data, not a real patient

Range
Sep 1, 2026 – Sep 14, 2026 (14 days)

Primary symptom
Headache

Check-ins recorded
12 on 12 days

Days with no log
2 — excluded, not counted as symptom-free

Also tracked
Fatigue

Written notes
3 entries include notes

At a glance

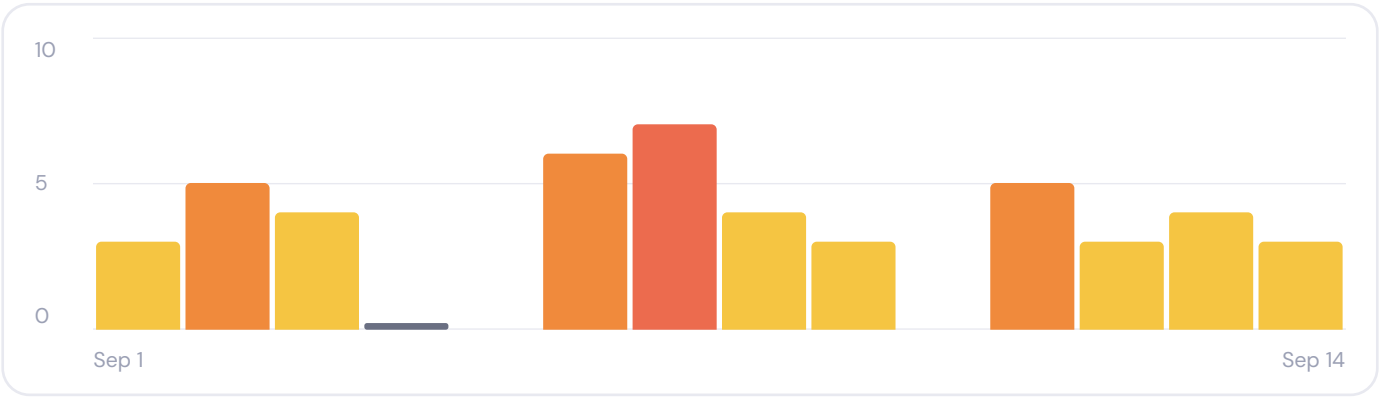
Counts cover logged days only.

11	3.6/10	7/10	2h
Symptom days	Mean severity	Peak severity · Sep 7	Median episode

Mean severity averages each symptomatic check-in's active symptom ratings. Median episode uses recorded symptom durations, not independently identified episodes.

Severity by day

Maximum recorded severity per day, 0–10. A baseline tick means a check-in exists but no positive symptom rating was recorded; it does not confirm symptom absence. Days with no check-in are blank.



Bar colour follows severity: grey 1–2, yellow 3–4, amber 5–6, coral 7–8, magenta 9–10. Baseline tick = logged, no positive symptom ratings; blank = no check-in.

Medications and interventions

"Helped" reflects the log owner's own answer after each use, not a clinical measure of effect. Severity averages use active symptoms in the same check-ins as each use; they do not measure improvement.

TAKEN	TIMES	REPORTED HELPED	MEAN ACTIVE SEVERITY AT USE
Quiet rest	3	3 of 3	3.0

Check-in log

All 12 check-ins in range, most recent first. Severity is 0–10 as recorded by the log owner.

DATE & TIME	SYMPTOMS (SEVERITY)	CONTEXT RECORDED	TAKEN
Sep 14, 6:30 PM	Headache (3) · 105 min, Fatigue (3)	Stress: 5.0/10	—
Sep 13, 6:30 PM	Headache (4) · 120 min, Fatigue (3)	Stress: 4.0/10	—
Sep 12, 6:30 PM	Headache (2) · 90 min, Fatigue (3)	Stress: 3.0/10	Quiet rest
Sep 11, 6:30 PM	Headache (5) · 135 min, Fatigue (3)	Stress: 2.0/10	—
Sep 10 — no check-in recorded			
Sep 9, 6:30 PM	Headache (3) · 105 min, Fatigue (3)	Stress: 5.0/10	—
Sep 8, 6:30 PM	Headache (4) · 120 min, Fatigue (3)	Stress: 4.0/10	Quiet rest
Sep 7, 6:30 PM	Headache (7) · 165 min, Fatigue (3)	Stress: 3.0/10	—
Sep 6, 6:30 PM	Headache (6) · 150 min, Fatigue (3)	Stress: 2.0/10	—
Sep 5 — no check-in recorded			
Sep 4, 6:30 PM	Headache (0), Fatigue (0)	Stress: 5.0/10	—
Sep 3, 6:30 PM	Headache (4) · 120 min, Fatigue (3)	Stress: 4.0/10	—

DATE & TIME	SYMPTOMS (SEVERITY)	CONTEXT RECORDED	TAKEN
Sep 2, 6:30 PM	Headache (5) · 135 min, Fatigue (3)	Stress: 3.0/10	—
Sep 1, 6:30 PM	Headache (3) · 105 min, Fatigue (3)	Stress: 2.0/10	Quiet rest

Rows marked “no check-in recorded” are gaps in the log, not symptom-free days. The full entry-level data is available as CSV, and the totals in this report are computed from the same entries.

Written notes

As written by the log owner, linked to the time of each entry.

Sep 14, 2026, 6:30 PM
Kept a note of symptoms to discuss at my next appointment.

Sep 7, 2026, 6:30 PM
Symptoms made it harder to concentrate on work today.

Sep 2, 2026, 6:30 PM
Headache started during the afternoon. Took a break from screens.

About this report

Symptoms, context and notes are recorded by the person keeping the log. When included, imported values and daily summaries are labeled as Apple Health. The patterns shown are associations within their own records — they do not establish that any factor caused or relieved a symptom, and the samples are small. Symloom is not a medical device and does not diagnose. Please interpret these logs alongside clinical assessment before any change to treatment.