

Clifton

Chronicle of Clifton's Illness

Date	Throat Discomfort	Body Soreness	Fatigue	Sinus Congestion	Nasal Congestion	Mucus Color	Chest Congestion	Cough
Thu, Mar 19, 15	2	1	1	1	1	clear	1	1
Fri, Mar 20, 15	2	1	1	1	1	clear	1	1
Sat, Mar 21, 15	2	1	1	1	1	clear	1	1
Sun, Mar 22, 15	2	1	1	1	1	clear	1	1
Mon, Mar 23, 15	3	1	1	1	1	clear	1	1
Tue, Mar 24, 15	6	1	1	3	1	clear	1	1
Wed, Mar 25, 15	3	1	2	8	6	green, brown	3	3
Thu, Mar 26, 15	3	2	2	8	6	green, brown	3	2
Fri, Mar 27, 15	3	2	3	8	8	green, brown, red	3	2
Sat, Mar 28, 15	3	2	3	8	6	green, brown, red	4	5
Sun, Mar 29, 15	3	2	3	8	7	green, yellow, brown, red	5	6
Mon, Mar 30, 15	3	2	3	7	6	green, yellow, brown, red	4	6
Tue, Mar 31, 15	3	2	3	6	5	green, yellow, brown, red	4	6
Wed, Apr 1, 15	3	1	2	5	5	green, yellow, brown, red	3	5
Thu, Apr 2, 15	3	1	1	4	4	green, yellow, brown, red	2	4
Fri, Apr 3, 15	2	1	1	3	3	yellow, clear	2	3

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Date	Fever-like Symptoms	Upset Stomach	Loss of Appetite	Headache	Loss of Voice	Sleep Interference	Medications
Thu, Mar 19, 15	1	1	1	1	1	1	
Fri, Mar 20, 15	1	1	1	1	1	1	
Sat, Mar 21, 15	1	1	1	1	1	1	
Sun, Mar 22, 15	1	1	1	1	1	1	
Mon, Mar 23, 15	1	1	1	1	1	1	
Tue, Mar 24, 15	1	1	1	1	2	9	Diphenhydramine (25mg)
Wed, Mar 25, 15	1	1	1	1	7	6	Diphenhydramine (25mg)
Thu, Mar 26, 15	1	1	1	2	8	4	Diphenhydramine (50mg)
Fri, Mar 27, 15	3	1	1	5	8	8	Diphenhydramine (50mg)
Sat, Mar 28, 15	2	1	1	5	7	7	Acetaminophen (650mg), Dextromethorphan HBr (30mg), Doxylamine Succinate (12.5mg)
Sun, Mar 29, 15	2	2	2	5	6	7	Acetaminophen (650mg), Dextromethorphan HBr (30mg), Doxylamine Succinate (12.5mg)
Mon, Mar 30, 15	2	3	2	5	5	7	Dextromethorphan HBr (30mg), Guifenesin (400mg)
Tue, Mar 31, 15	2	3	2	5	6	7	Dextromethorphan HBr (30mg), Guifenesin (400mg)
Wed, Apr 1, 15	1	2	2	4	6	5	Ibuprofen
Thu, Apr 2, 15	1	1	1	3	4	3	
Fri, Apr 3, 15	1	1	1	2	3	1	

Scale Legend

Throat Discomfort

- 1 Normal
- 2
- 3
- 4
- 5
- 6 Hard to swallow
- 7
- 8
- 9
- 10 Strep

Body Soreness

- 1 Normal
- 2
- 3 Joints ache
- 4 Joints throb slightly
- 5
- 6
- 7
- 8
- 9
- 10 Prolonged immobility with hiç

Fatigue

- 1 Normal
- 2
- 3 Ennui
- 4
- 5 Sluggish
- 6
- 7 Dread moving
- 8
- 9 Can't stay awake without some effort
- 10 Dread moving, coma-like