

Trevor

Chronicle of Trevor's Illness

Date	Throat Discomfort	Body Soreness	Fatigue	Sinus Congestion	Nasal Congestion	Mucus Color	Chest Congestion
Sat, Mar 14, 15	2	2	2	2	1	clear	2
Sun, Mar 15, 15	3	3	6	2	4	clear	3
Mon, Mar 16, 15	4	3	6	2	6	dull yellow, brown, red	4
Tue, Mar 17, 15	5	3	7	3	6	bloody, bright red	4
Wed, Mar 18, 15	4	3	8	4	6	clear, light yellow	3
Thu, Mar 19, 15	2	4	3	2	5	clear, light yellow	3
Fri, Mar 20, 15	2	2	2	2	5	clear, light yellow	3
Sat, Mar 21, 15	2	2	2	2	4	clear, light yellow	2
Sun, Mar 22, 15	2	1	2	2	4	clear, light yellow	2
Mon, Mar 23, 15	2	1	2	2	4	Clear	2
Tue, Mar 24, 15	2	1	1	1	4	Clear	2
Wed, Mar 25, 15	2	1	1	1	3	Clear	2
Thu, Mar 26, 15	3	1	1	1	3	Clear	2
Fri, Mar 27, 15	3	1	1	1	2	Clear	2
Sat, Mar 28, 15	1	1	1	1	1	Clear	3

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Date	Chest Congestion	Cough	Fever-like Symptoms	Upset Stomach	Loss of Appetite	Headache
Sat, Mar 14, 15	2	2	1	1	1	1
Sun, Mar 15, 15	3	3	1	1	1	2
Mon, Mar 16, 15	4	3	1	1	2	2
Tue, Mar 17, 15	4	4	1	1	3	2
Wed, Mar 18, 15	3	5	1	1	5	4
Thu, Mar 19, 15	3	4	4	6	3	7
Fri, Mar 20, 15	3	3	1	1	3	6
Sat, Mar 21, 15	2	2	1	1	3	2
Sun, Mar 22, 15	2	2	1	1	1	1
Mon, Mar 23, 15	2	2	1	1	1	1
Tue, Mar 24, 15	2	1	1	1	1	1
Wed, Mar 25, 15	2	1	1	1	1	1
Thu, Mar 26, 15	2	1	1	1	1	1
Fri, Mar 27, 15	2	1	1	1	1	1
Sat, Mar 28, 15	3	3	1	1	1	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 l

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, in and out sleep, coma-like