SAMPLE · MADE-UP DIARY, NOT A REAL PATIENT · NOT IN THE RELEASED APP

Medication diary report

PATIENT	Jordan M.	**PERIOD**	Oct 19 to Nov 15, 2026 (28 days)
VISIT	Nov 16, 2026	**CREATED**	Nov 15, 2026

Recorded by the patient in Trace. Shown as entered — not interpreted, not a diagnosis. Counts, medians and interquartile ranges are worked out from those entries. A day with nothing logged shows only that nothing was logged.

1 MEDICATION

Medication plan, as entered by the patient

Medicine	Dose	Planned times	Dates
Methylphenidate ER	18 mg	7:30 AM	Oct 19 to Nov 1
Methylphenidate ER	36 mg	7:30 AM	From Nov 2

Doses logged against the plan	Days
Every planned dose logged	26
No dose logged (Oct 22, Nov 7)	2
Days with a planned dose	28
“Couldn’t get my meds” logged (Nov 7)	1

Dose time, as logged	Time
Median	7:35 AM
Interquartile range	7:20 AM to 8:05 AM

Interquartile range: the middle half (25th to 75th percentile).

Onset and wear-off, as logged	Days	Median
Kicked in	9	50 min
Wore off	9	9 h

From the daily check-in: the times the patient entered for kicking in and wearing off, counted from that day’s logged dose.

2 BLOOD PRESSURE, PULSE AND WEIGHT, AS ENTERED

Date	Time (as entered)	Blood pressure (mmHg)	Pulse (bpm)	Weight (lb)
Mon, Oct 19	7:05 AM	120/78	72	165.4
Sat, Oct 24	7:15 AM	124/80	76	164.8
Sat, Oct 31	7:10 AM	118/76	74	165.6
Sat, Nov 7	7:20 AM	122/77	71	164.2
Sat, Nov 14	7:05 AM	121/79	75	165.2

Entered by hand by the patient, not imported from a device. Position, arm and device were not recorded. Oldest first.

3 SIDE EFFECTS LOGGED

Side effect	Days logged (of 28)
Low appetite	11
Trouble sleeping	6
Headache	3
Dry mouth	2

4 QUESTIONS FOR THE VISIT

As the patient wrote them.

1. Is it OK to take it later on weekends?
2. I get a dip around 4 PM. Is that expected?

5 DAILY CHECK-INS

Day rating, by date

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oct 19		19 **3**	20 **4**	21 **2**	22 **—**	23 **3**	24 **4**
Oct 25	25 **5**	26 **3**	27 **1**	28 **4**	29 **5**	30 **—**	31 **4**
Nov 1	1 **3**	2 **4**	3 **3**	4 **2**	5 **5**	6 **4**	7 **—**
Nov 8	8 **3**	9 **4**	10 **3**	11 **4**	12 **2**	13 **4**	14 **—**
Nov 15	15 **2**						

Day rating: 1 very hard, 2 hard, 3 okay, 4 good, 5 very good.
A dash: no check-in.

Check-ins

Days with a check-in (of 28)	24
Check-ins filled in after the day	4

A check-in is the patient's entry about one day: a day rating and, where entered, focus, energy and mood, bed and wake times, and when the medicine kicked in and wore off. Filled in after the day: first saved on a later day than the day it is about.

Days at each value

	1	2	3	4	5	Days
Day rating	1	4	7	9	3	24
Focus	1	4	8	7	2	22
Energy	2	5	9	5	1	22
Mood	1	3	7	8	3	22

Focus, energy and mood: 1 (low) to 5 (high), from the daily check-in.

6 SLEEP

Nights logged (of 28)	21
Bedtime to wake time, median	6 h 50 min
Bedtime, interquartile range	11:05 PM to 12:10 AM
Wake time, interquartile range	6:30 AM to 7:10 AM

From the bedtimes and wake times the patient entered; the time taken to fall asleep is not recorded. Interquartile range: the middle half of the nights logged.

7 IN THE PATIENT'S WORDS

As the patient wrote them.

Starred notes

Date	Note
Oct 27	Slept badly. Hard day at work.
Nov 4	Appetite came back around 7 PM. Ate dinner late.
Nov 7	Pharmacy was out of stock. They said it would be in tomorrow.

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END OF REPORT