
DETAILED LOG**Thu, Jun 18, 2026**

3:38 Pain — 8/10
5:38 Mood — 😞
6:38 Naproxen — 250 mg tablet
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop
23:38 Sumatriptan — 50 mg tablet

Fri, Jun 19, 2026

3:38 Pain — 8/10
6:38 Naproxen — 250 mg tablet
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop

Sat, Jun 20, 2026

3:38 Pain — 6/10
5:38 Mood — 😞
6:38 Naproxen — 250 mg tablet
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop
20:38 Sumatriptan — 50 mg tablet

Sun, Jun 21, 2026

3:38 Pain — 8/10
6:38 Naproxen — 250 mg tablet
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop

Mon, Jun 22, 2026

3:38 Pain — 7/10
5:38 Mood — 😞
6:38 Naproxen — 250 mg tablet
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop

Tue, Jun 23, 2026

3:38 Pain — 6/10
6:38 Naproxen — 250 mg tablet
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop

Wed, Jun 24, 2026

3:38 Pain — 7/10
5:38 Mood — 😞
6:38 Naproxen — 250 mg tablet
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop

Thu, Jun 25, 2026

3:38 Pain — 6/10
6:38 Naproxen — 250 mg tablet

DETAILED LOG

Thu, Jun 25, 2026 (continued)

17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop

Fri, Jun 26, 2026

3:38 Pain — 5/10
5:38 Mood — 😞
6:38 Naproxen — 250 mg tablet
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop

Sat, Jun 27, 2026

3:38 Pain — 7/10
6:38 Naproxen — 250 mg tablet
17:38 Loratadine — 10 mg tablet
17:38 Sumatriptan — 50 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop

Sun, Jun 28, 2026

3:38 Pain — 5/10
5:38 Mood — 😞
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop

Mon, Jun 29, 2026

3:38 Pain — 4/10
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop
22:38 Sumatriptan — 50 mg tablet

Tue, Jun 30, 2026

3:38 Pain — 6/10
5:38 Mood — 😞
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop

Wed, Jul 1, 2026

3:38 Pain — 5/10
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — 250 mg tablet
19:38 Vitamin D — 1000 IU, one drop
19:38 Sumatriptan — 50 mg tablet

Thu, Jul 2, 2026

3:38 Pain — 3/10
5:38 Mood — 😞
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet

DETAILED LOG**Thu, Jul 2, 2026 (continued)**

18:38 Naproxen — 250 mg tablet

19:38 Vitamin D — 1000 IU, one drop

Fri, Jul 3, 2026

3:38 Pain — 5/10

6:38 Naproxen — skipped

17:38 Loratadine — 10 mg tablet

18:38 Naproxen — 250 mg tablet

19:38 Vitamin D — 1000 IU, one drop

Sat, Jul 4, 2026

3:38 Pain — 4/10

5:38 Mood — 😊

6:38 Naproxen — skipped

17:38 Loratadine — 10 mg tablet

18:38 Naproxen — 250 mg tablet

19:38 Vitamin D — 1000 IU, one drop

Sun, Jul 5, 2026

3:38 Pain — 3/10

6:38 Naproxen — skipped

17:38 Loratadine — 10 mg tablet

18:38 Naproxen — 250 mg tablet

19:38 Vitamin D — 1000 IU, one drop

Mon, Jul 6, 2026

3:38 Pain — 4/10

5:38 Mood — 😊

6:38 Naproxen — skipped

17:38 Loratadine — 10 mg tablet

18:38 Naproxen — 250 mg tablet

19:38 Vitamin D — 1000 IU, one drop

Tue, Jul 7, 2026

3:38 Pain — 3/10

6:38 Naproxen — skipped

16:38 Sumatriptan — 50 mg tablet

17:38 Loratadine — 10 mg tablet

18:38 Naproxen — skipped

19:38 Vitamin D — 1000 IU, one drop

Wed, Jul 8, 2026

3:38 Pain — 2/10

5:38 Mood — 😊

6:38 Naproxen — skipped

17:38 Loratadine — 10 mg tablet

18:38 Naproxen — skipped

19:38 Vitamin D — 1000 IU, one drop

Thu, Jul 9, 2026

3:38 Pain — 4/10

6:38 Naproxen — skipped

17:38 Loratadine — 10 mg tablet

18:38 Naproxen — skipped

19:38 Vitamin D — 1000 IU, one drop

Fri, Jul 10, 2026

3:38 Pain — 2/10

DETAILED LOG

Fri, Jul 10, 2026 (continued)

5:38 Mood — 😊
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — skipped
19:38 Vitamin D — 1000 IU, one drop

Sat, Jul 11, 2026

3:38 Pain — 1/10
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — skipped
19:38 Vitamin D — 1000 IU, one drop

Sun, Jul 12, 2026

3:38 Pain — 3/10
5:38 Mood — 😊
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — skipped
19:38 Vitamin D — 1000 IU, one drop
21:38 Sumatriptan — 50 mg tablet

Mon, Jul 13, 2026

3:38 Pain — 2/10
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — skipped
19:38 Vitamin D — 1000 IU, one drop

Tue, Jul 14, 2026

3:38 Pain — 1/10
5:38 Mood — 😊
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Sumatriptan — 50 mg tablet
18:38 Naproxen — skipped
19:38 Vitamin D — 1000 IU, one drop

Wed, Jul 15, 2026

3:38 Pain — 2/10
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — skipped
19:38 Vitamin D — 1000 IU, one drop

Thu, Jul 16, 2026

3:38 Pain — 1/10
5:38 Mood — 😊
6:38 Naproxen — skipped
17:38 Loratadine — 10 mg tablet
18:38 Naproxen — skipped
19:38 Vitamin D — 1000 IU, one drop

Fri, Jul 17, 2026

3:38 Pain — 1/10
6:38 Naproxen — skipped