

Period of diary : Wednesday-20-February-2013 to Tuesday-12-March-2013

Date	Activity	Exhaustion	PENE	Viruses	Gluten
Wednesday-20-February-2013	6	7	0	0	0
Thursday-21-February-2013	5	7	0	0	7
Friday-22-February-2013	5	7	0	0	5
Saturday-23-February-2013	3	9	0	0	0
Sunday-24-February-2013	5	8	0	0	4
Monday-25-February-2013	5	9	0	7	0
Tuesday-26-February-2013	6	7	0	0	0
Wednesday-27-February-2013	6	7	0	0	0
Thursday-28-February-2013	5	8	0	8	3
Friday-01-March-2013	4	9	0	8	0
Saturday-02-March-2013	4	8	0	6	0
Sunday-03-March-2013	3	8	0	6	0
Monday-04-March-2013	5	8	0	6	0
Tuesday-05-March-2013	4	8	0	5	0
Wednesday-06-March-2013	5	8	0	7	7
Thursday-07-March-2013	5	7	0	3	0
Friday-08-March-2013	4	8	0	0	0
Saturday-09-March-2013	7	7	0	3	0
Sunday-10-March-2013	4	9	0	8	0
Monday-11-March-2013	4	9	0	9	0
Tuesday-12-March-2013	5	9	0	7	0

Food Intolerance	Baseline	Social	Cognitive	Physical	Emotional
0	0	20	20	40	20
0	0	20	30	30	20
4	0	30	20	30	20
5	0	10	50	20	20
0	0	40	20	30	10
0	0	20	30	30	20
0	0	20	20	30	30
0	50	20	30	30	20
5	50	30	20	20	30
0	50	20	20	30	30
0	50	20	20	20	40
0	40	10	20	20	50
0	40	20	30	30	20
0	40	10	40	30	20
0	40	30	30	30	10
0	40	20	30	30	20
0	40	10	30	20	40
0	40	40	20	30	10
0	40	10	20	30	40
0	40	10	30	10	50
0	40	0	40	30	30

04:30	05:00	05:30	06:00	06:30	07:00	07:30	08:00	08:30
sleep	sleep	sleep	sleep	sleep	sleep	low	medium	medium
sleep	sleep	sleep	sleep	sleep	sleep	rest	sleep	rest
sleep	sleep	sleep	sleep	sleep	sleep	rest	rest	low
sleep	sleep	sleep	sleep	sleep	sleep	rest	low	low
sleep	sleep	sleep	sleep	sleep	sleep	rest	low	high
sleep	sleep	sleep	sleep	sleep	sleep	high	low	low
sleep	sleep	rest	rest	rest	sleep	sleep	sleep	rest
sleep	sleep	sleep	sleep	rest	low	low	low	low
sleep	sleep	sleep	rest	rest	low	low	low	high
sleep	sleep	sleep	rest	rest	low	low	low	high
sleep	sleep	sleep	sleep	sleep	rest	low	low	low
sleep	sleep	sleep	sleep	sleep	sleep	rest	low	low
sleep	sleep	sleep	sleep	rest	low	high	medium	low
sleep	sleep	sleep	sleep	rest	rest	low	low	high
sleep	sleep	sleep	sleep	rest	rest	rest	low	low
sleep	sleep	sleep	sleep	rest	rest	rest	low	low
sleep	sleep	sleep	sleep	sleep	rest	rest	rest	high
sleep	sleep	sleep	sleep	sleep	sleep	rest	high	high
sleep	sleep	sleep	sleep	sleep	rest	rest	rest	rest
sleep	sleep	sleep	sleep	sleep	rest	low	low	low

09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00
medium	medium	medium	high	high	high	high	high	high
low	low	low	low	low	medium	medium	medium	medium
low	high	low	high	high	high	high	medium	medium
low	medium	medium	low	medium	rest	rest	sleep	sleep
low	low	medium	medium	low	medium	medium	high	high
low	medium	medium	medium	low	low	low	low	low
high	low	medium	medium	medium	medium	medium	medium	high
low	high	low	medium	low	low	low	high	high
high	medium	medium	high	high	high	medium	high	high
low	low	low	low	medium	rest	rest	rest	rest
medium	medium	low	rest	rest	low	rest	medium	high
rest	low	medium	medium	medium	high	rest	rest	low
medium	medium	high	medium	medium	medium	low	rest	low
low	low	low	high	high	high	medium	low	low
rest	sleep	rest	high	low	high	high	medium	medium
high	medium	medium	medium	medium	medium	high	high	medium
low	high	rest	rest	rest	rest	medium	medium	medium
low	low	high	high	high	high	high	high	high
medium	medium	high	high	low	low	low	rest	rest
low	medium	medium	rest	rest	rest	rest	rest	high
high	high	high	low	medium	medium	medium	medium	high

13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30
medium	medium	high	high	high	medium	low	low	medium
high	high	high	high	high	low	low	medium	medium
high	high	medium	high	high	low	low	low	rest
sleep	sleep	sleep	sleep	rest	sleep	sleep	rest	low
medium	medium	high	high	low	rest	sleep	sleep	sleep
low	low	low	high	high	high	high	high	high
high	high	high	high	high	high	high	low	low
high	high	high	high	high	high	medium	medium	medium
medium	rest	sleep	sleep	sleep	sleep	sleep	rest	low
high	high	medium	medium	high	high	rest	medium	medium
high	medium	medium	rest	rest	low	low	sleep	sleep
low	rest	rest	sleep	sleep	sleep	sleep	low	low
low	low	low	high	high	high	medium	medium	high
low	low	low	rest	sleep	sleep	sleep	sleep	sleep
high	high	low	high	high	medium	low	low	medium
medium	low	rest	high	low	medium	high	high	medium
medium	low	low	medium	medium	low	low	medium	medium
high	high	high	high	high	high	high	high	high
sleep	sleep	sleep	sleep	sleep	sleep	sleep	rest	low
low	low	low	low	low	rest	rest	rest	low
rest	rest	sleep	sleep	sleep	sleep	rest	low	low

18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
low	low	low	rest	low	low	rest	low	low
medium	medium	medium	medium	high	high	low	rest	rest
low	low	low	low	low	rest	rest	low	low
low	low	low	low	low	rest	low	low	rest
sleep	sleep	rest	low	low	low	low	rest	low
low	low	low	low	low	rest	low	low	rest
low	low	low	low	low	rest	low	low	rest
low	low	medium	medium	low	low	low	rest	rest
low	low	low	low	low	rest	low	low	rest
rest	rest	sleep	sleep	rest	sleep	sleep	sleep	sleep
sleep	sleep	rest	low	low	low	low	rest	low
low	low	low	low	low	rest	low	low	rest
medium	low	low	low	low	rest	low	low	rest
low	low	low	low	low	rest	low	low	low
low	low	low	low	low	rest	low	low	rest
medium	medium	low	low	low	low	low	rest	low
low	low	low	low	low	rest	low	low	rest
high	low	low	low	low	low	low	rest	low
medium	low	low	low	low	high	low	low	rest
high	low	low	low	low	low	low	rest	low
low	low	low	low	low	rest	low	low	rest

