

Patient Summary

Report Period
Feb 18, 2026 to Mar 20, 2026
PDF Date Mar 20, 2026

PATIENT INFORMATION

Sarah Johnson

Age: 29

DAYS LOGGED

27/30 days
logged

CYCLE LENGTH:

28 days
(average)

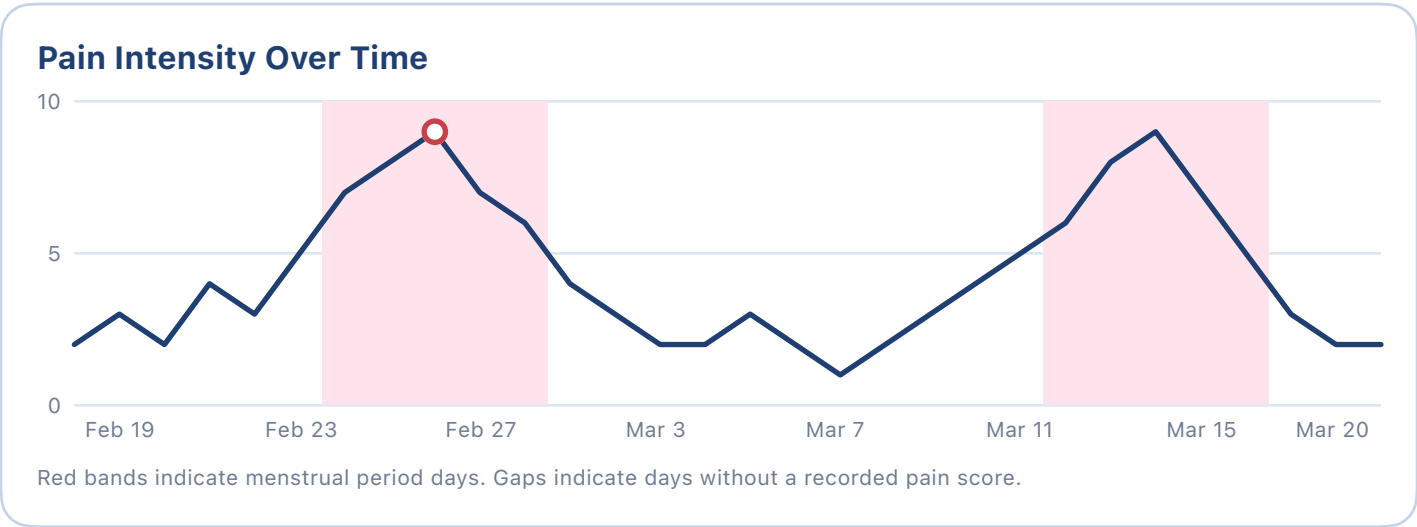
MEDICATIONS LOGGED

Ibuprofen 400mg
(as needed), Oral
contraceptive
(daily),
Magnesium
supplement

Pain Scores

6.8 Avg. Pain Score
During Period Days
/10

3.2 Avg. Pain Score
Outside Period Days
/10



Key Observations

- Pain scores spike significantly during period days, with an **average increase of 3.6 points** compared to non-period days.
- Bloating and fatigue tend to cluster together on high-pain days, appearing on **18 of 27 logged days**.
- Lower back and pelvic pain are the **most frequently reported locations** in this tracking period.

At a glance

Toilet & Pain

Associates toilet entries with the pain scores logged on the same day.

TOILET ENTRY DAYS

9

PAINFUL BOWEL MOVEMENT EVENTS

6

AVG. PAIN ON TOILET ENTRY DAYS

6.7

AVG. PAIN ON OTHER TRACKED DAYS

3.4

Based on 8 days with both toilet entries and pain tracking.

Symptom Frequency Overview

Pain columns summarize pain scores recorded on days when each symptom was reported.

SYMPTOM	DAYS PRESENT	AVG. PAIN WHEN REPORTED	PEAK PAIN WHEN REPORTED	AVG. PAIN DURING PERIOD
Pelvic Pain	22	5.4	9	7.2
Bloating	18	4.1	7	5.8
Fatigue	16	4.8	8	6.1
Lower Back Pain	14	4.6	8	6.9
Nausea	8	3.2	6	4.5
Headache	6	3.8	7	-

Pain Descriptors

Cramping (19d)

Sharp/Stabbing (12d)

Dull/Aching (10d)

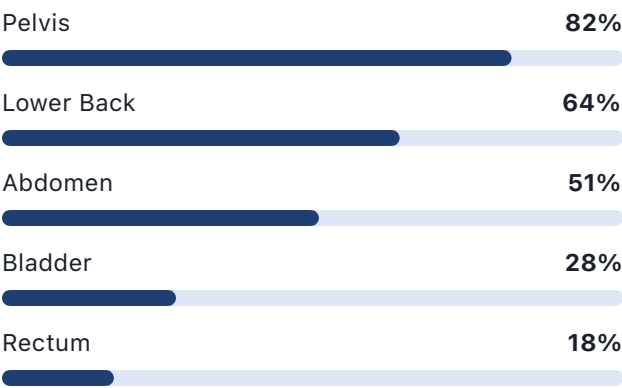
Radiating (7d)

Throbbing (5d)

Patterns and Context

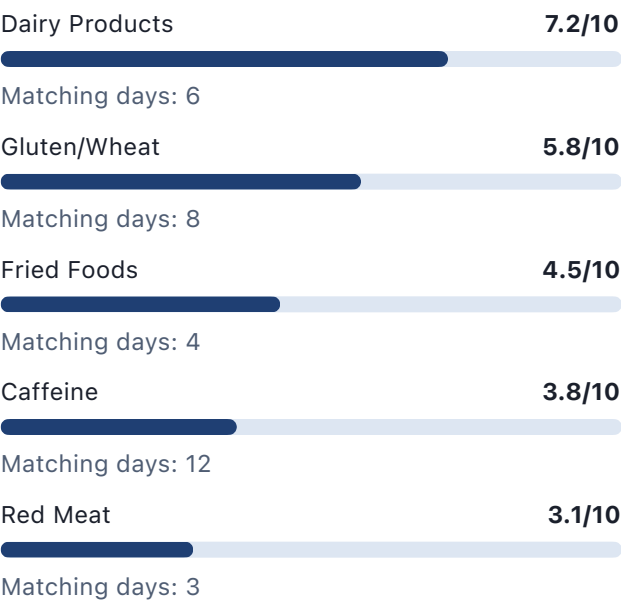
Pain Locations

Percentage of days with pain tracking.



Food and Same-Day Pain

Average pain recorded on days when this food was also logged. This is descriptive and does not identify a trigger or cause.



Daily Symptom Log

Most recent entries are shown first.

DATE	PAIN AND SYMPTOMS	OTHER TRACKING	RELIEF AND NOTES
Mar 19 (Thu)	<div>8/10 Evening</div> <div>Locations: Pelvis, Lower Back, Abdomen</div> <div>Descriptors: Cramping, Throbbing</div> <div>Symptoms: Bloating, Fatigue, Headache</div>	Period: Logged Food: Soup, Crackers, Water	Medication: Ibuprofen 400mg Notes: Period day 3, needed to rest mid-afternoon
Mar 18 (Wed)	<div>7/10 Afternoon</div> <div>Locations: Pelvis, Lower Back</div> <div>Descriptors: Cramping, Sharp</div> <div>Symptoms: Bloating, Fatigue</div>	Period: Logged Food: Pasta, Coffee	Medication: Ibuprofen 400mg Notes: Period day 2, heavy flow
Mar 17 (Tue)	<div>8/10 Morning</div> <div>Locations: Pelvis, Abdomen</div> <div>Descriptors: Cramping, Dull</div> <div>Symptoms: Bloating, Nausea, Fatigue</div>	Period: Logged Food: Toast, Ginger tea	Medication: Ibuprofen 400mg Notes: Period started, severe cramps
Mar 16 (Mon)	<div>4/10 Evening</div> <div>Locations: Lower Back</div> <div>Descriptors: Dull/Aching</div> <div>Symptoms: Fatigue</div>	Food: Salad, Chicken	Notes: Spotting
Mar 15 (Sun)	<div>2/10 Afternoon</div> <div>Symptoms: Mild bloating</div>	Food: Rice, Vegetables	—
Mar 14 (Sat)	<div>3/10 Evening</div> <div>Locations: Pelvis</div> <div>Descriptors: Cramping</div> <div>Symptoms: Bloating, Breast tenderness</div>	Food: Yogurt, Granola, Tea	Medication: Magnesium supplement Notes: Pre-period cramps by evening
Mar 13 (Fri)	<div>5/10 Afternoon</div> <div>Locations: Lower Back, Pelvis</div> <div>Descriptors: Dull/Aching, Radiating</div> <div>Symptoms: Fatigue, Nausea</div>	Food: Sandwich, Coffee	Medication: Ibuprofen 400mg Notes: Busy workday, symptoms worse after lunch

DATE	PAIN AND SYMPTOMS	OTHER TRACKING	RELIEF AND NOTES
Mar 12 (Thu)	4/10 Evening Locations: Abdomen Descriptors: Sharp/Stabbing Symptoms: Bloating	Food: Pasta, Sparkling water	Notes: Digestive flare after dinner
Mar 11 (Wed)	3/10 Morning Locations: Pelvis, Lower Back Descriptors: Cramping, Dull/Aching Symptoms: Fatigue	Food: Eggs, Toast, Herbal tea	Medication: Magnesium supplement Notes: Felt steadier after a lower-stress day
Mar 10 (Tue)	6/10 Evening Locations: Pelvis, Abdomen Descriptors: Sharp/ Stabbing, Radiating Symptoms: Bloating, Nausea, Fatigue	Food: Wrap, Iced coffee	Medication: Ibuprofen 400mg Notes: Pain flare during commute home
Mar 9 (Mon)	4/10 Afternoon Locations: Lower Back Descriptors: Dull/Aching Symptoms: Headache, Fatigue	Food: Salad, Soup, Water	Notes: Headache improved after dinner
Mar 8 (Sun)	2/10 Morning Locations: Pelvis Descriptors: Cramping Symptoms: Bloating	Food: Oatmeal, Berries, Tea	Notes: Light symptoms, mostly manageable
Mar 7 (Sat)	6/10 Afternoon Locations: Pelvis, Abdomen Descriptors: Cramping, Sharp Symptoms: Fatigue, Nausea	Food: Rice bowl, Matcha	Medication: Ibuprofen 400mg Notes: Pain ramped up during the afternoon
Mar 6 (Fri)	5/10 Morning Locations: Lower Back, Pelvis Descriptors: Throbbing, Dull/Aching Symptoms: Bloating, Headache	Food: Toast, Eggs, Coffee	Medication: Magnesium supplement Notes: Needed a slower start to the day
Mar 5 (Thu)	3/10 Morning Locations: Pelvis, Lower Back Descriptors: Cramping, Dull/Aching Symptoms: Fatigue	Food: Eggs, Toast, Herbal tea	Medication: Magnesium supplement Notes: Felt steadier after a lower-stress day

DATE	PAIN AND SYMPTOMS	OTHER TRACKING	RELIEF AND NOTES
Mar 4 (Wed)	4/10 Evening Locations: Abdomen Descriptors: Sharp/Stabbing Symptoms: Bloating	Food: Pasta, Sparkling water	Notes: Digestive flare after dinner
Mar 3 (Tue)	4/10 Afternoon Locations: Lower Back Descriptors: Dull/Aching Symptoms: Headache, Fatigue	Food: Salad, Soup, Water	Notes: Headache improved after dinner
Mar 2 (Mon)	2/10 Afternoon Symptoms: Mild bloating	Food: Rice, Vegetables	–
Mar 1 (Sun)	2/10 Morning Locations: Pelvis Descriptors: Cramping Symptoms: Bloating	Food: Oatmeal, Berries, Tea	Notes: Light symptoms, mostly manageable
Feb 28 (Sat)	5/10 Afternoon Locations: Lower Back, Pelvis Descriptors: Dull/Aching, Radiating Symptoms: Fatigue, Nausea	Food: Sandwich, Coffee	Medication: Ibuprofen 400mg Notes: Busy workday, symptoms worse after lunch
Feb 27 (Fri)	3/10 Evening Locations: Pelvis Descriptors: Cramping Symptoms: Bloating, Breast tenderness	Food: Yogurt, Granola, Tea	Medication: Magnesium supplement Notes: Pre-period cramps by evening
Feb 26 (Thu)	8/10 Evening Locations: Pelvis, Lower Back, Abdomen Descriptors: Cramping, Throbbing Symptoms: Bloating, Fatigue, Headache	Period: Logged Food: Soup, Crackers, Water	Medication: Ibuprofen 400mg Notes: Period day 3, needed to rest mid- afternoon
Feb 25 (Wed)	7/10 Afternoon Locations: Pelvis, Lower Back Descriptors: Cramping, Sharp Symptoms: Bloating, Fatigue	Period: Logged Food: Pasta, Coffee	Medication: Ibuprofen 400mg Notes: Period day 2, heavy flow

DATE	PAIN AND SYMPTOMS	OTHER TRACKING	RELIEF AND NOTES
Feb 24 (Tue)	8/10 Morning Locations: Pelvis, Abdomen Descriptors: Cramping, Dull Symptoms: Bloating, Nausea, Fatigue	Period: Logged Food: Toast, Ginger tea	Medication: Ibuprofen 400mg Notes: Period started, severe cramps
Feb 23 (Mon)	4/10 Evening Locations: Lower Back Descriptors: Dull/Aching Symptoms: Fatigue	Food: Salad, Chicken	Notes: Spotting
Feb 22 (Sun)	6/10 Afternoon Locations: Pelvis, Abdomen Descriptors: Cramping, Sharp Symptoms: Fatigue, Nausea	Food: Rice bowl, Matcha	Medication: Ibuprofen 400mg Notes: Pain ramped up during the afternoon
Feb 21 (Sat)	5/10 Morning Locations: Lower Back, Pelvis Descriptors: Throbbing, Dull/Aching Symptoms: Bloating, Headache	Food: Toast, Eggs, Coffee	Medication: Magnesium supplement Notes: Needed a slower start to the day

Important Information

This report is generated from self-tracked symptom data and is **NOT a medical diagnosis or medical advice**. The information contained in this document should not replace consultation with a qualified healthcare provider.

Purpose: This report is intended to facilitate communication with your healthcare provider by providing an organized summary of your self-reported symptoms, pain levels, and health patterns. It may help support clinical assessment but does not constitute a diagnosis.

Accuracy: All data is self-reported and subject to human error, recall bias, and subjective interpretation.