

Patient log · review prep

Self-log (1-5) + dose times. Rule flags only — clinician decides. ≤60s scan.

Elvanse 30mg · 08:00

7 / 7
DAYS LOGGED

6

FULL DOSE (GREEN)

0

PARTIAL

1

MISSED / OFF

3.0

AVG ENERGY · SELF

3.4

AVG SLEEP · SELF

WATCH LIST

OFF-MED · CRASH · PARTIAL · RULE-BASED

Off-med

Thu 07-16

No full dose logged — do not average into on-med baseline.

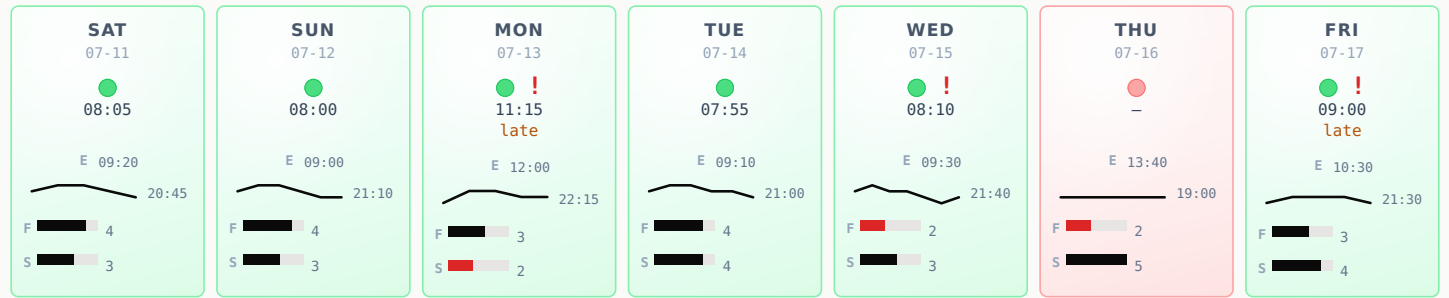
Crash

Wed 07-15

Patient-tagged crash days — see energy detail below.

WEEKLY ADHERENCE

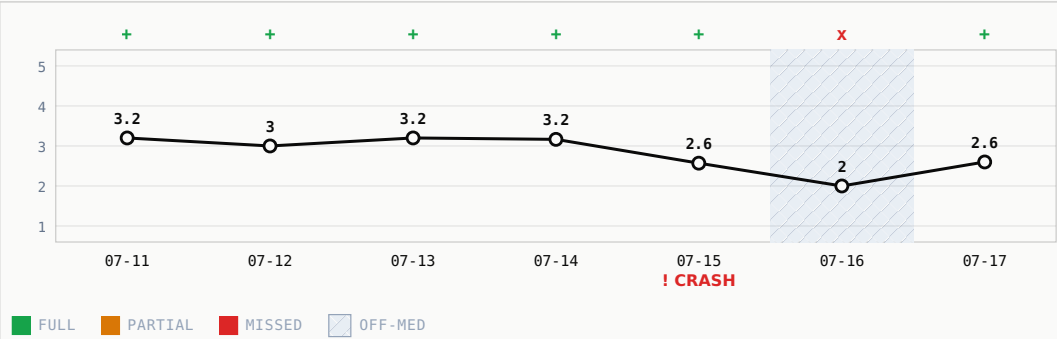
DOT = DOSE STATUS · E SPARK · F PEAK · S SLEEP



● FULL · ● PARTIAL · ● MISSED · ○ OFF-MED · ! CRASH · E = ENERGY SHAPE · F = PEAK FOCUS · S = SLEEP BAR (1-5 SELF)

AVERAGE ENERGY

DAY MEAN · SELF-LOG · +/-1/2/X = DOSE

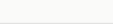


■ FULL ■ PARTIAL ■ MISSED ■ OFF-MED

VITALS · PATIENT-REPORTED

♥ 78.0 bpm · BP max 118/76

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DAY	DOSE	ENERGY	PEAK FOCUS	SLEEP	FLAGS
Sat 07-11	FULL08:05	09:20  20:45	4	3	OK
Sun 07-12	FULL08:00	09:00  21:10	4	3	OK
Mon 07-13	FULL11:15	12:00  22:15	3	2	! LATE
Tue 07-14	FULL07:55	09:10  21:00	4	4	OK
Wed 07-15	FULL08:10	09:30  21:40	2	3	! CRASH
Thu 07-16	MISSED	13:40  19:00	2	5	OFF
Fri 07-17	FULL09:00	10:30  21:30	3	4	! LATE

Sat 07-11

STABLE

full dose · 08:05 · sleep 3/5 · ok · peak focus 4/5

Sun 07-12

STABLE

full dose · 08:00 · sleep 3/5 · ok · peak focus 4/5

MON 07-13

FULL

ALERT

LATE

DOSE

1/1 · 11:15

ENERGY

12:00  22:15 · peak focus 3/5

SLEEP

 2 2/5 · poor self-log

SAFETY

—

TAGS

poor sleep

insomnia

late

Tue 07-14

STABLE

full dose · 07:55 · sleep 4/5 · good · peak focus 4/5

WED 07-15

FULL

ALERT

DOSE

1/1 · 08:10

ENERGY

09:30  21:40 · peak focus 2/5

SLEEP

 3 3/5 · ok self-log

SAFETY

! crash

TAGS

emotional blunting

apathy

crash

THU 07-16

MISSED

DOSE

0/1 · no dose times

ENERGY

13:40  19:00 · peak focus 2/5

SLEEP

 5 5/5 · good self-log

SAFETY

—

TAGS

drug holiday

FRI 07-17

FULL

ALERT

LATE

DOSE

1/1 · 09:00

ENERGY

10:30  21:30 · peak focus 3/5

SLEEP

 4 4/5 · good self-log

SAFETY

—

TAGS

caffeine

late

anxiety

Sat 07-11

Sleep · 3/5 · ok
08:12 “capsule with yoghurt, actual breakfast for once”
11:20 “brain finally switched on in standup”
21:00 “already planning tomorrow's tasks lol classic”

Sun 07-12

Sleep · 3/5 · ok
12:05 “forgot lunch again — zero appetite”
18:30 “ok but flat, scrolling for 40 min without noticing”
“forced a banana at 1pm”

Mon 07-13

Sleep · 2/5 · poor
11:25 “slept through three alarms, tragic”
22:30 “brain still running podcasts in my head”
“dose around 11:15 — know it's late”

Tue 07-14

Sleep · 4/5 · good
08:05 “eggs + toast with dose”
15:45 “actually finished the roadmap doc”
19:00 “walked home, felt human”
“only one flat white, behaving”

Wed 07-15

Sleep · 3/5 · ok
12:00 “meetings ate my soul”
17:45 “hit a wall after back-to-backs — blank, snappy, not sleepy just empty”
17:55 “not the tired crash — more like emotional nothing”
“ate crisps for lunch, sorry mum”

Thu 07-16

Sleep · 5/5 · good
10:15 “skipped Elvanse on purpose — weekend brain holiday”
14:20 “hungry like a gremlin all morning”
“if I ruin saturday with productivity guilt I will riot”

Fri 07-17

Sleep · 4/5 · good
09:10 “back on for monday — took a bit late, whatever”
18:15 “afternoon was fine actually”
“coffee after dose, hope that's ok”

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