Observation report

Prepared: 11/4/2026 13:00

Observations · Observations · Close person's perspective · User-declared plans · Recorded treatment events · Selected events · Selected notes
Days with selected entries: 29/30 | Entries in the selected data scope: 59
User-declared plans: 1
Recorded treatment events: 3
Selected events: 3

New observations

10/6/2026 · Evening
Focus: 4/10

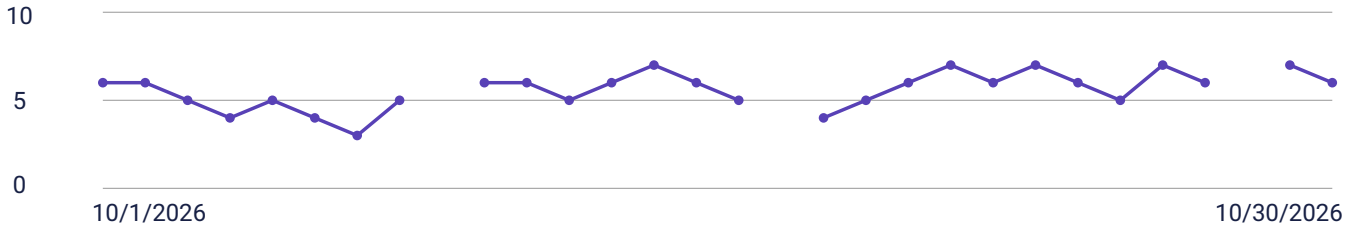
Sensory load: 7/10

Note (optional): SYNTHETIC DATA. A fictional month and preparation, created only as a sample Feelink report.

Observation overview

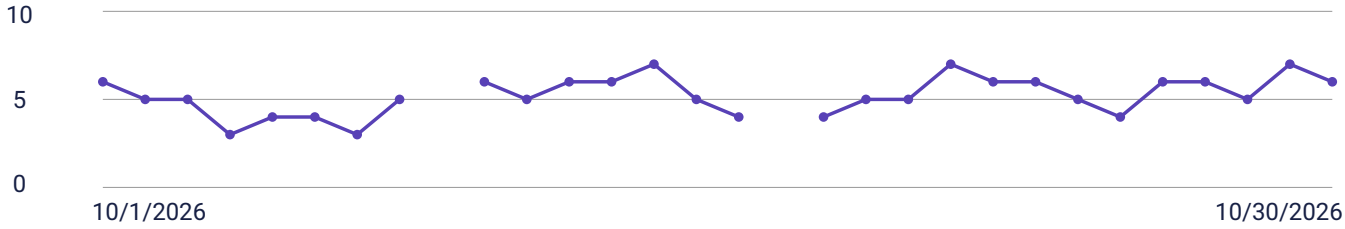
Mood (0–10)

Daily check-ins
27 of 30 days with a measurement · Median: 6



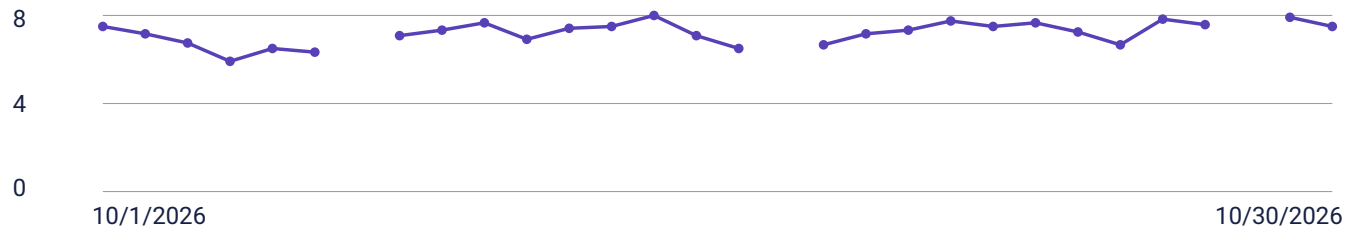
Energy (0–10)

Daily check-ins
28 of 30 days with a measurement · Median: 5



Sleep duration (h)

Sleep records — wake-up day
27 of 30 days with a measurement · Median: 7.33



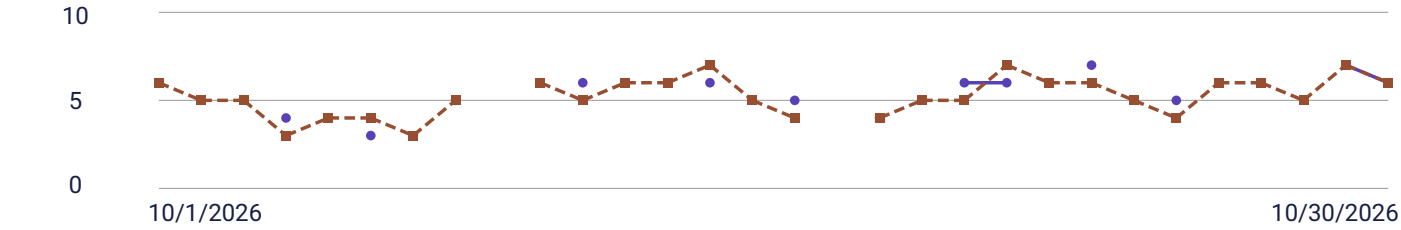
Points show recorded values. Breaks show days without a value.

Close person’s perspective

Observer
The report shows self-ratings only when daily entries for the matching area are selected. Snapshots do not fill gaps. A complete pair requires two values on the same date and in a matching time zone.
These are two perspectives. Someone close to you describes what they noticed in their time with you.

Energy (0–10)

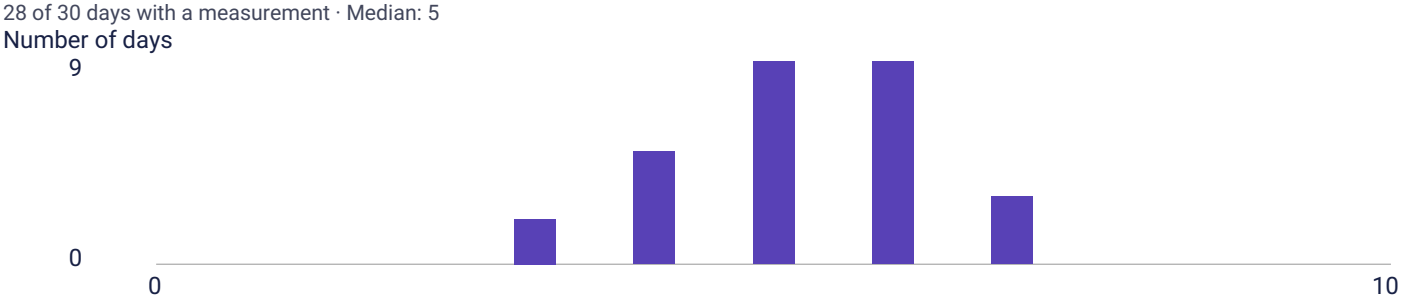
Close person’s perspective
Close person’s rating: 15 of 30 days with a measurement
Self-rating: 28 of 30 days with a measurement
Complete pairs: 15/30 days.



Points show recorded values. Breaks show days without a value.

Distributions

Energy (0–10) · Daily check-ins
10/1/2026 - 10/30/2026
28 of 30 days with a measurement · Median: 5



Each bar shows how many days have that value.
3: 2 · 4: 5 · 5: 9 · 6: 9 · 7: 3

Your questions or reflections (up to 3)

1. What would I like to discuss about my energy on days with late meetings?
2. Which notes about sleep and rest would I like to bring to the conversation?

User-declared plans

A plan does not confirm an intake. Each event is recorded separately. If there is no record, the intake remains unconfirmed.
Demo preparation A (fictional)
Plan version from: 10/12/2026
Planned dose per event: 1 example unit
08:00
Plan from: 10/12/2026

Recorded treatment events

10/12/2026 08:00
Demo preparation A (fictional) | Taken — as reported
Reported actual dose: 1 example unit

10/13/2026 08:00
Demo preparation A (fictional) | Skipped — as reported

10/14/2026 08:00
Demo preparation A (fictional) | Not confirmed

Selected events

10/4/2026
Start of a busy week at work. Several late meetings.
Work

10/18/2026
A weekend away. Fewer plans, more time to rest.
Rest

10/26/2026
Back to my usual routine. A short walk after work.
Walk

Selected notes

10/6/2026
A lot of meetings at work. In the evening I found it hard to return to my own plans.

10/21/2026
A quieter day. I managed to take a break and go for a walk.

Details, sources and method

Each point represents one daily value from the selected source. Dates come from the current versions of entries.
When a day has several answers for this trait, we select the last by observation time. Explicit missingness does not restore an older value.
Dates describe the observed day, not entry creation. Sleep belongs to the wake-up day.

A description of personal records, not a diagnosis or recommendation. It does not assess treatment effectiveness. Missing data are not zero.