

COVERED RANGE

Last 4 weeks

USER-REPORTED SIGNALS

18 daily check-ins · 4 strength sessions

EATING CAPACITY

Eating took some effort on several recorded days.

PROTEIN OPPORTUNITIES

Most recorded days included two opportunities.

HAIR AND CYCLE

Two hair observations · one cycle event

QUESTIONS FOR THE VISIT

1. Could any of these changes need further evaluation?
2. Are there other factors we should consider?

NEW OR WORSENING CONCERNS

Review the user-reported timeline and notes together.

SOURCE LABELS

User-reported · Manually entered · HealthKit only when included