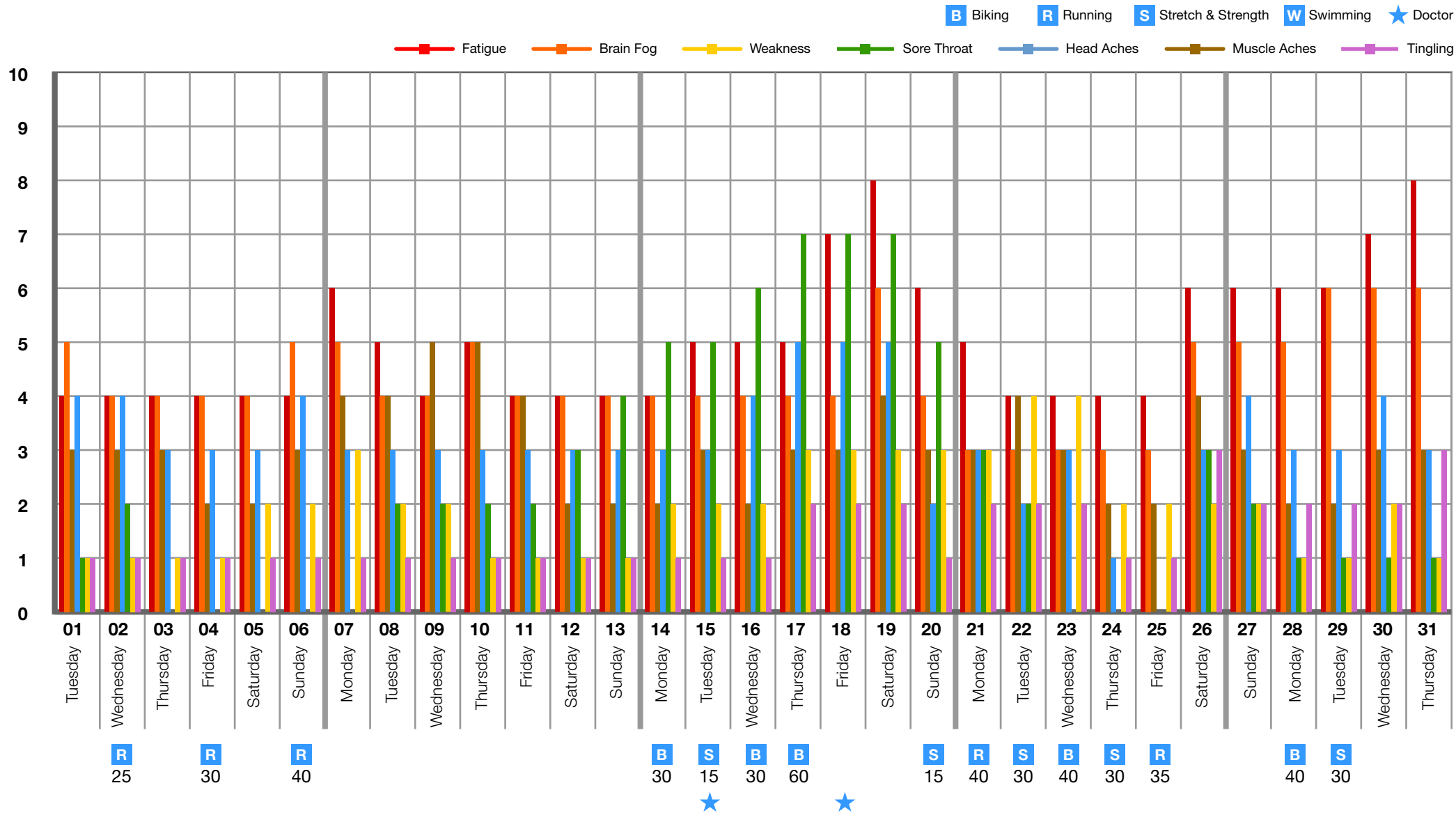


2008

January



Diary

15th
Saw Dr. Kraft. No tests. Prescribed Ambling.

18th
Saw Dr. Sabetta for the first time. Took basic bloods. Thinks I'm depressed. Said to do some "soul searching" about my illness.

21st
Dr. Sabetta called. All blood work was normal. Had the usual low platelet and RBC count. He's going to run CMV and so other virus, but expects it to be normal.

25th
Had been feeling really good, but pushed it way too hard during my run. Not purposely... I just felt so good at the beginning of the run I kicked out a 7:00ish pace for the first 2.5 miles. Ended up with a 7:19 pace overall.

Summary

The data shown here is only really accurate from the 10th onwards when I started this whole chart thing. I pretty much guessed from the 1st to the 9th.

Kind of a tough month of ups and downs. Had a really great period from the 21st through the 25th, but the run on the 25th really put me off for the rest of the month. Luckily I know what I did wrong and hopefully I can be smarter about it going forward.

The peaks in the middle and end of the month were pretty manageable, but I did have to work from home on the 31st. I think a lot of it is due to poor sleep patterns. I just can't seem to get a full night's sleep. I think I'll add sleep as a category to watch going forward.

I plan on seeing a sleep doctor soon. I also have an appointment next month at the CFS clinic. Hopefully that will shed some light on things.