

Zebra Symptom Report

Sample 30-day summary for appointment preparation. This report uses fake patient data and is not medical advice.

Patient	Sample Patient	Date range	June 25 - July 24, 2026
Prepared for	Upcoming specialist visit	Generated	July 25, 2026

Snapshot

Area	Sample summary
Flares	14 tracked flare days. Average severity 6.4/10. Highest severity 9/10.
Most tracked symptoms	Dizziness, fatigue, brain fog, palpitations, joint pain.
Medication context	Midodrine and beta blocker entries recorded on tracked days.
Salt and water	Daily salt and water entries tracked beside symptoms for appointment review.
Orthostatic vitals	Lying, sitting, and standing observations recorded in the same history.

Flare Pattern

Week	Tracked flare days	Average severity	Notes
Jun 25 - Jul 1	3	5.7/10	Dizziness and fatigue after heat exposure.
Jul 2 - Jul 8	4	6.8/10	Brain fog and palpitations noted on standing-heavy days.
Jul 9 - Jul 15	2	4.5/10	Lower symptom load; hydration entries were more consistent.
Jul 16 - Jul 24	5	7.2/10	Joint pain and fatigue increased after missed medication entry.

Orthostatic Vitals Examples

Date	Lying	Sitting	Standing	Context
Jul 5	HR 72, BP 112/70	HR 94, BP 108/68	HR 126, BP 104/66	Dizziness, palpitations
Jul 18	HR 76, BP 110/72	HR 101, BP 106/70	HR 132, BP 102/68	Brain fog, fatigue

Appointment Questions

1. Are the standing heart-rate changes worth reviewing further? 2. Should medication timing be discussed? 3. Are salt or fluid targets still appropriate for this patient? 4. Which symptoms should be tracked before the next visit?

Important: This sample shows the kind of patient-entered history Zebra can organize. It is not a diagnosis, medical interpretation, treatment recommendation, or emergency tool. A qualified healthcare professional decides what the information means.

Additional Detail Examples

This second page shows how notes and context can be grouped for review. All entries below are fictional.

Symptom Frequency

Symptom	Days tracked	Typical severity	Example context
Dizziness	12	Moderate to severe	Often noted after standing, heat, or low-water days.
Fatigue	15	Moderate	Often noted after poor sleep or high-activity days.
Brain fog	9	Mild to severe	Often noted before appointments and after flare days.
Joint pain	8	Moderate	Often noted with EDS/hEDS overlap symptoms.
Palpitations	7	Mild to severe	Often noted during orthostatic check-ins.

Medication, Salt, Water, Triggers, and Notes

Context	Sample entries
Medication	Morning medication tracked on 24 days. Afternoon medication missed twice.
Salt and water	Salt and water tracked beside symptoms; no treatment advice is provided.
Triggers	Heat, standing, missed medication, poor sleep, and illness were tagged by the sample patient.
Notes	Short notes captured appointment questions and details the patient wanted to remember.

What This Report Is For

This report is designed to reduce memory work before a care conversation. It gives a patient a clearer way to review what they tracked and decide what to bring up with a clinician.

What This Report Is Not

This report does not diagnose POTS, EDS/hEDS, Fibromyalgia, dysautonomia, Long COVID, ME/CFS, or any other condition. It does not interpret symptoms, recommend treatment, or replace medical advice.