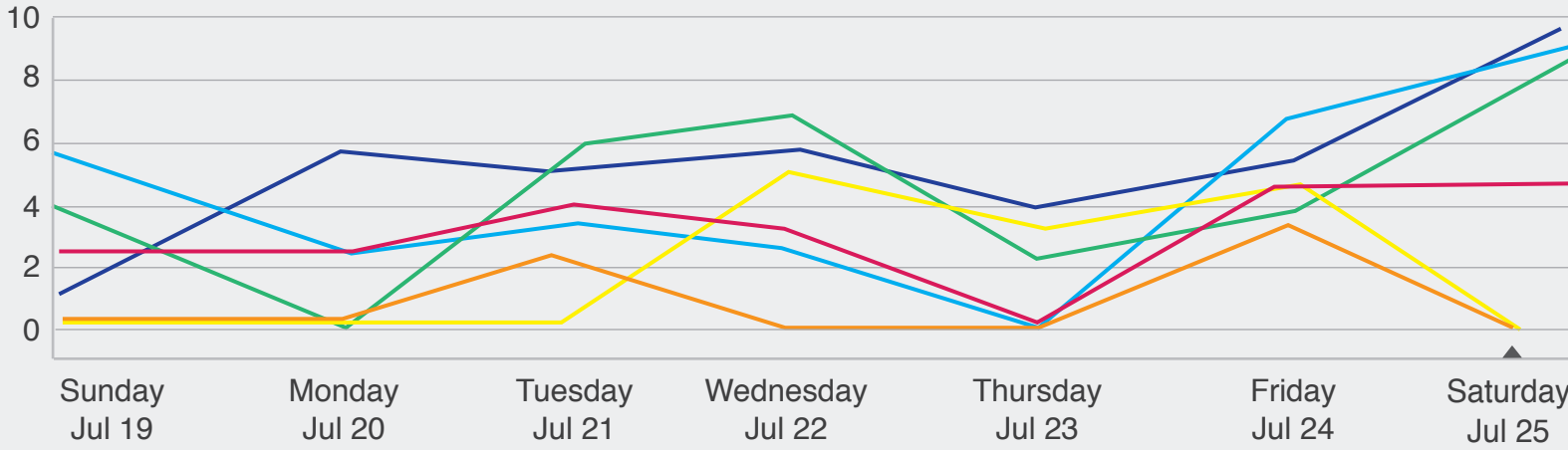


My Journey

Last 7 Days

Last 30 Days



- Coping
- Mood
- Activity
- Breathing
- Sleep
- Diet

○ Saturday, July 25th 2015



Coping



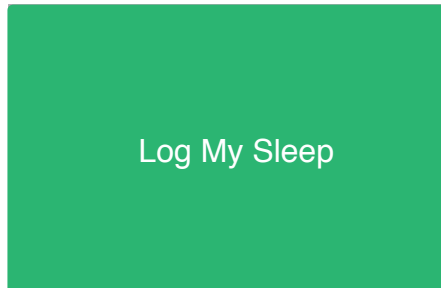
Mood



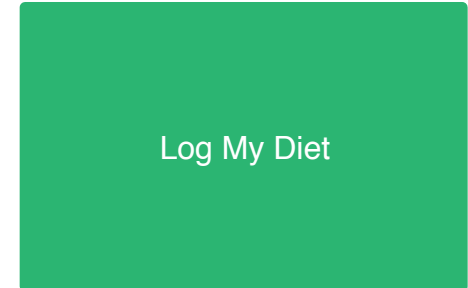
Activity



Breathing



Sleep



Diet

My Journey Log - Coping

How Are You Coping Today?

You may have felt stunned when you first learned of your diagnosis. What you heard may have seemed pretty mysterious, or even frightening. Or maybe you felt relieved to finally know what was going on. Whatever the case, you may experience many different emotions with COPD on a daily basis.

Track the progress of your journey by sliding the arrow to indicate your observation.

Today, I am feeling...

Anxiety /
Not in Control

Scared, but Slowly
Gaining Confidence

Excellent /
In Control



0

5

10

Submit Today's Observation

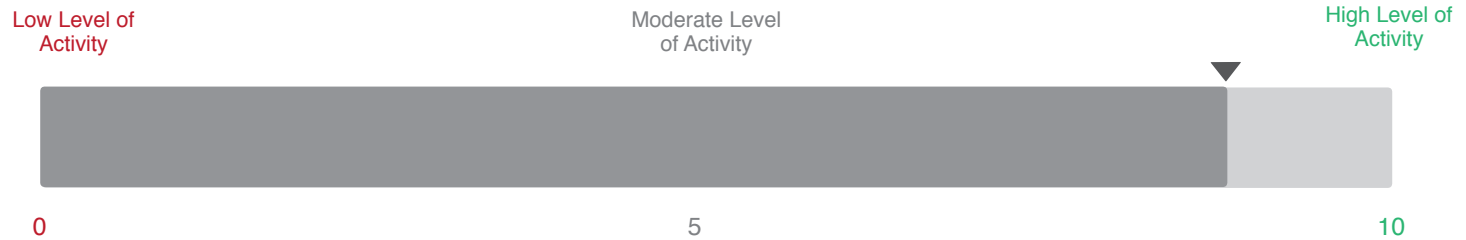
My Journey Log - Activity

How Active Were You Today?

Exercise, if done correctly and safely, is one of the best things you can do to be less short of breath. Your normal level of activity can greatly vary depending on the severity of your COPD. For some, normal activity can be very limited while others are able to engage in more strenuous activities.

Track the progress of your journey by sliding the arrow to indicate your observation.

Compared to my Average Daily Activity Level, Today was a...



[Submit Today's Observation](#)