

THIS SHEET IS NOT PROVIDING ANY MEDICAL ADVICE AND IS FOR PURPOSES OF EXPLORATION ONLY			Type of data	Recommended Source	How To		
			Mobility data	Google Maps	Mobile app		
Purpose of this sheet is to provide some basic understanding of the risks you are facing and create some basic structure for you to fill out what you remember or can extract from digital storage			Activity data	HealthKit / Google Health	Use your phone OS		
			Activity	HealthKit	Use your phone OS		
if you are willing to help build a better version of this, please help by filling out a form on: CoronaWhy.org			Sleep	VERB	USA only sms-based app: https://www.getverb.co/		
			Water	VERB			
			Food	VERB			
			Stress	VERB			
			Work	RescueTime	Download app here: https://www.rescuetime.com/		
Date	Symptoms	Body Temp (C)	Mobility	Exposure	# of cases in area [1]	realistic estimate [2]	location specific risk [3]
Obvious, better start from time when your area got first signs of covid-19 exposure	Any unusual symptoms that you typically don't experience, even if it's outside of the scope of known symptoms	Your thermometer	Where you've been outside your home	if you were exposed or interacted with other human beings while being outside your house	Easy to find number	Heuristic to extrapolate how bad things really are	Coefficient dependent on population density

Typical COVID-19 Symptoms

Cough	
Temperature 37.5-38	
Temperature 38+	
Fatigue	
Sputum	
Shortness of breath	
Muscle aches	
Sore throat	
Headache	
Chills	
Nasal congestion	
Nausea	
Diarrhea	

THIS IS NOT A FULL LIST

[1] <https://www.laalmanac.com/health/he999c.php>

[2] 55x coefficient

[3] estimate of cases divided by (total population / population density)

https://en.wikipedia.org/wiki/Los_Angeles_County,_California

[4] <https://www.laalmanac.com/health/he999c.php>

[5] 55x coefficient

[6] estimate of cases divided by (total population / population density)

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