



SympNote

Health Diary

User Manual

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1. Introduction

Welcome to **SympNote** - Your digital Health-Diary

Keep an eye on your Health!

With SympNote you document symptoms, well-being, and your health over time - with your own criteria, intensity, and duration. Favorites and Top quick access make recording simple and fast, while search and filters help you find things again. Statistics, media, and export support your self-observation; deleted entries and templates stay in the trash for 30 days.

SympNote offers a wide range of features to help you document your health:

- **Favorites:** Choose your preferred criteria for faster selection.
- **Templates / Top quick access:** Save criteria combinations as templates and mark them for quick access on the home screen.
- **Filter & search:** Filter by time period, criteria, intensity, duration, date, and time of day. Search finds entries, notes, and templates - including in the trash.
- **Statistics:** Analyze your data with charts and tables, including landscape view.
- **Media:** Save photos, videos, or documents in the app. With folder structure, photo comparison, and backup.
- **PDF & CSV export:** Export your entries as a table or PDF document.
- **Data backup:** Back up entries, templates, favorites, and media, and restore them to your device.
- **Mood tracker:** Record your mood, spot changes, and use the reminder function.

“The app is designed so that you can use all features intuitively and without any prior knowledge. “

This App is Ideal for:

- ⇒ Anyone who wants to actively monitor and document their health
- ⇒ People with chronic conditions
- ⇒ People affected by migraine, pain, or allergies

Your health. Your data. Your control.

Data Privacy & Support

The SympNote App stores all entered data exclusively locally on the user's device. No personal data is shared with third parties or transferred to external servers. No analysis, tracking, or data sharing takes place.

If you have any questions about the app or data protection, please feel free to send an email to: info@sympicon.com

2. Getting Started

When you first start the app, no favorites are visible yet in the 3 categories on the home screen. You need to choose them first.

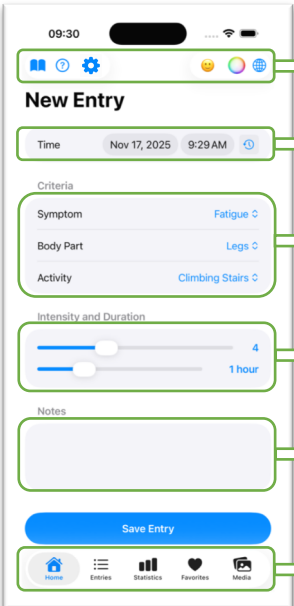
Tap the blue plus sign in one of the 3 categories. This takes you straight to Favorites and opens the matching category. Alternatively, go to the Favorites tab in the tab bar at the bottom. Select favorites there or create your own.

Once you have chosen favorites in all 3 categories, they are immediately available on the Home screen. You can then record your first entry - with criteria, intensity, duration, and an optional note. Save recurring combinations as templates and mark them for Top quick access on the home screen. Deleted entries and templates go to the trash and stay there for 30 days.

>> No registration or sign-in is required! <<

3. Views

‘Home View’



ToolBar: QuickGuide > Buttons-Help > Settings > Mood-Tracker > Colors > Language

Time: > tap on: Time-Buttons > Date/Time change > reset to the current Date and Time

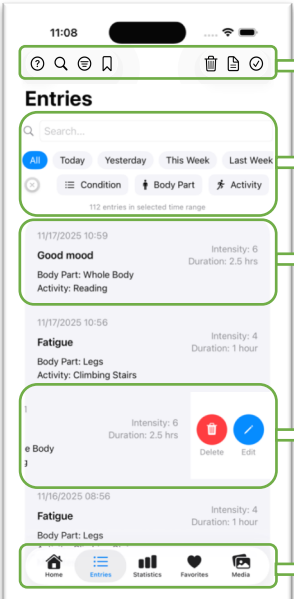
Criteria 1: > select your Favorite from the Drop-Down menu > they are selectable in the "Favorites" View > change Criteria-Names in the Favorites Tab > tap on  Button opens the Manage Categories Sheet

Criteria 2: > use the Slider to select the Intensity 1-10 and the Duration between 15 min to Day of an Event

Notes: > tapping the Notes Field opens the Keyboard, write a note if needed > "Save Entry" the note can be edited at any time in the Entries > the input field will then be cleared

BottomBar: > here you can switch between the different Views > press one of the 5 Buttons

‘Entries View’



ToolBar: >     Help, Search, Filter, Mark >    Trash, Exports, Multiple selection

Search & Filters: > Search Field with full-text search > found Entries are immediately filtered and displayed > relevant Filter-Function > multiple Filters possible simultaneously >  delete all active Filters

Entries: > displays saved Entries with all information: Date, Time, Criteria, Intensity, Duration and Notes

Entries: >  delete Entry >  edit Entry > all information can be changed > except Criteria-Names! > saved Criteria-Names can only be changed "completely" in "all" Entries > use  Button

BottomBar: > here you can switch between the different Views > press one of the 5 Buttons

'Statistics View'



ToolBar: > ? Q Filter Mark > Trash Exports, Multiple selection

Toogle-Filters: > relevant Filter-Function > multiple Filters possible simultaneously > delete all active Filters > Charts and Tables are immediately updated with the filtered data

Filter-Buttons: > filters the Bar Chart according to criteria > displays information about the Bar Chart and Filter

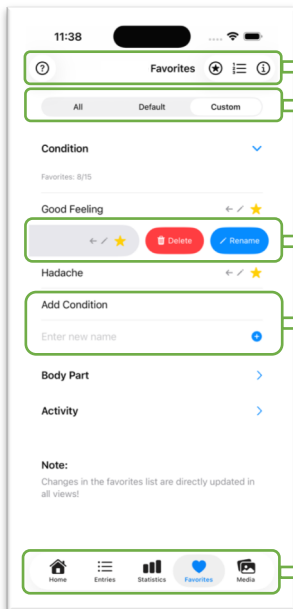
Bar Chart: > shows the filtered data > the Bar Chart can be moved sideways > for a better View, rotate the Device (iPhone, iPad) to Landscape-Mode!

Filter-Buttons: > filters the Line Chart according to criteria > displays information about the Line Chart and

Line Chart: > shows filtered data > not movable > tapping on a point displays a ToolTip > for a better View, rotate the Device (iPhone, iPad) to Landscape-Mode!

BottomBar: > here you can switch between the different Views > press one of the 5 Buttons

'Favorites View'



ToolBar: > ? Buttons-Help > Backup Favorites > edit Criteria-Names > additional information

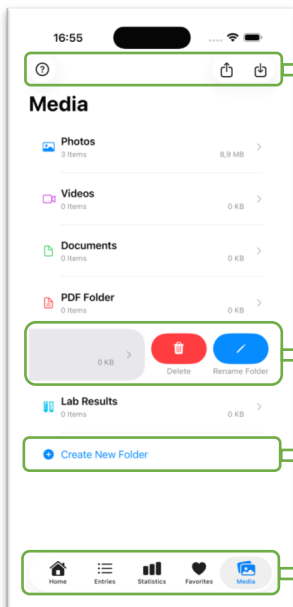
Filters: > filter Favorite Types > show all, standard, or user-added terms for better Overview

Own Terms: > swipe left > delete or rename your own terms > tap on ☆ to select or deselect your Favorites

Own Terms: > enter a new Name > add the new Name > tap on ☆ to use the new Favorite

BottomBar: > here you can switch between the different Views > press one of the 5 Buttons

'Media View'



ToolBar: > ? Buttons-Help > create Media Backup > import Media Backup to your Device

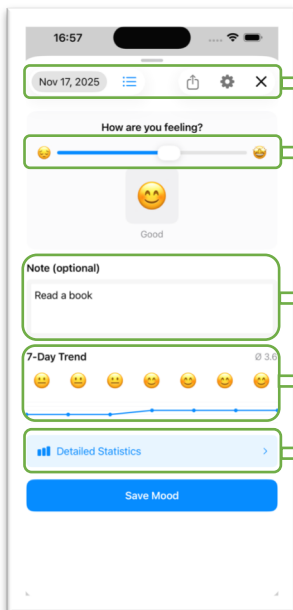
Own Folder: > Delete Folder > rename Folder and change Category

New Folder: > create a new Folder and choose a Category

BottomBar: > here you can switch between the different Views > press one of the 5 Buttons

4. Integrated Mood-Tracker 😊

‘Main View‘



ToolBar: > 15.11.2025 select Date > ☰ Entries Overview > 📄 create Backup or restore Backup
> ⚙ Settings: Mood-Reminder On/Off, adjust Mood-Level > Texts and Emojis 😊

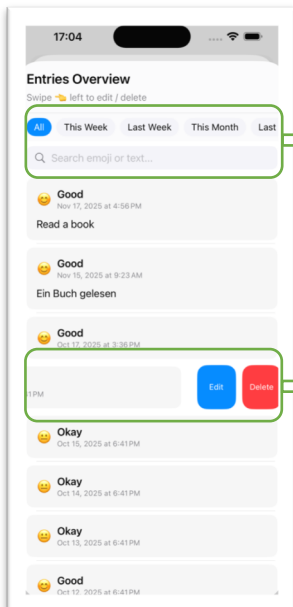
Mood-Level: > Slider to adjust your current Mood > 6 different Levels are possible

Note: > Add a note so you can review your Mood later or read different information

7-Day Trend: > shows you a quick overview of your Moods over the last 7 days (week)

Details: > this Button will take you to a detailed overview of all your saved Moods
> Number, Time Period > Distribution > current Trend > Charts show Trend and Frequency

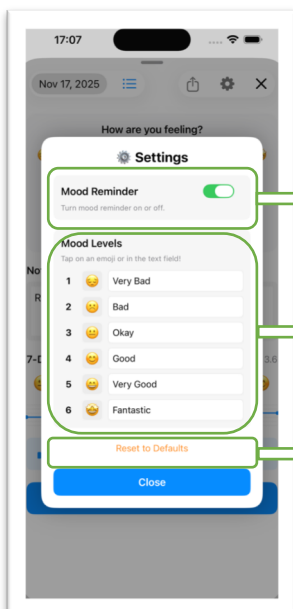
‘Entries View ‘



Toggle-Filters: > relevant Filter-Function > multiple Filters possible simultaneously
> Search Field with full-text search > found Entries are immediately filtered and displayed

Edit: > 📝 Entries can be edited > Date, Mood-Level and Note > 🗑 delete Entry

‘Settings View‘



Mood-Reminder: > 🟢 On or Off 🟡 > if you have recorded a new ‘Symptom’ Entry but haven’t yet chosen a Mood for that day, you will be reminded to do so after clicking “Save Entry” in Symptom Home View

Mood-Level: > tap on 😊 and choose your own Emoji 😊, a big selection of different Emojis are available
> type into Text-Field and change the Text, e.g., instead of “Good” perhaps “Great” or similar

Reset to Default: > press the “Reset to Default” Button to undo all change, Emojis and Texts will be reset, as shown in the Screenshot on the left