FICTIONAL EXAMPLE | Invented details and scores, not a real patient or expected outcome

Nervana

COACHING PROGRESS SNAPSHOT

Progress snapshot

Prepared from 12 completed sessions and 6 self-reported check-ins.

MEMBER	PRIMARY SYMPTOM	SESSIONS	REPORT DATE
Alex (fictional example)	Persistent lower back pain	12	Oct 28, 2026

COACHING RECORD

What the coach should know

Alex wants to spend less time checking pain and feel more present with family. Pain still fluctuates. Alex noticed more checking before demanding workdays and less attention to pain while painting. Alex is practicing short pauses and reflecting on pressure to get everything right, alongside an existing clinician-led care plan.

EVIDENCE LIST

Evidence patterns

- Alex reported more noticeable back pain before a difficult work presentation.
- While painting with a friend, Alex noticed checking pain less often.
- Pain varied across the week, including a flare after a stressful day.

GENERATED INSIGHTS

What stood out

- Repeatedly checking for pain sometimes drew more attention to it.
- The thought "I must get this right" often appeared on demanding days.
- Enjoyable activities made room for attention beyond symptoms.

ASSIGNED IN NERVANA

Actions and experiments

ACTIVE Experiment

Pause briefly to notice feelings before a demanding task, without trying to change pain.

Member follow-up: Alex wants to try this before the next team meeting.

COMPLETED Experiment

Spend ten minutes painting for enjoyment, without rating pain during the activity.

Member follow-up: Alex felt more engaged; pain was still present afterward.

FOR THE NEXT SESSION

Useful follow-ups

1. What felt different when attention was on painting rather than checking pain?
2. How could these observations support the plan agreed with your clinician?

SELF-REPORTED CHECK-INS

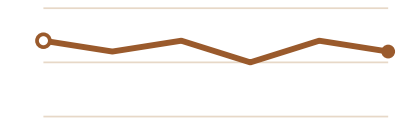
Symptom trends

0-10 scale | Oct 1 - Oct 21

SEVERITY

6/10

-1 from first



DAILY IMPACT

5/10

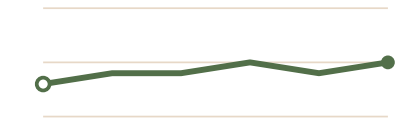
-2 from first



SYMPTOM CONFIDENCE

5/10

+2 from first



Lower severity or impact may reflect less reported burden; higher confidence reflects greater reported confidence. Trends are descriptive and do not demonstrate a treatment effect.

Nervana is not a healthcare provider. This AI-assisted educational summary is not a medical record, diagnosis, or treatment recommendation. Share it only with people you choose. Program started: Oct 1, 2026.