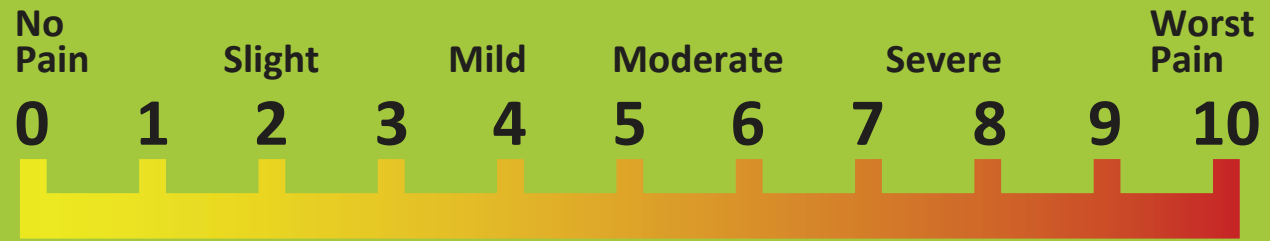




# PAIN DIARY

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## WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Time of Diary Entry\*

Pain Scale

Amount of time Grounded

Activity (Low/Moderate/High)

## WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Time of Diary Entry\*

Pain Scale

Amount of time Grounded

Activity (Low/Moderate/High)

## WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Time of Diary Entry\*

Pain Scale

Amount of time Grounded

Activity (Low/Moderate/High)

## WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Time of Diary Entry\*

Pain Scale

Amount of time Grounded

Activity (Low/Moderate/High)

\* Try to do your diary entries around the same time each day.



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# SLEEP DIARY

## WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Checked if EMF light was green (Tick or Cross)

Time I went to bed

Time I woke up

Amount of times I woke up (if any)

Total amount of hours I slept

Amount of hours Grounded

What I did in the hour before I went to bed

How I felt when I woke up (Tired/Well Rested)

## WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Checked if EMF light was green (Tick or Cross)

Time I went to bed

Time I woke up

Amount of times I woke up (if any)

Total amount of hours I slept

Amount of hours Grounded

What I did in the hour before I went to bed

How I felt when I woke up (Tired/Well Rested)

## WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Checked if EMF light was green (Tick or Cross)

Time I went to bed

Time I woke up

Amount of times I woke up (if any)

Total amount of hours I slept

Amount of hours Grounded

What I did in the hour before I went to bed

How I felt when I woke up (Tired/Well Rested)