	DAIN DIADV	No Pain		Slight		Mild	Мос	lerate	Se	vere		Worst Pain
bio-energy	PAIN DIARY	0	1	2	3	4	5	6	7	8	9	10
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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 da									



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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							

Time I work to bedImage: Solution of the stateImage: Solution of the stateImage: Solution of the stateTime I worke up (if any)Image: Solution of hours I steptImage: Solution of hours I steptImage: Solution of hours I steptImage: Solution of hours GroundedImage: Solution of hours GroundedImage: Solution of hours GroundedImage: Solution of hours GroundedImage: Solution of hours I steptImage: Solution of hours GroundedImage: Solution of hours GroundedImage: