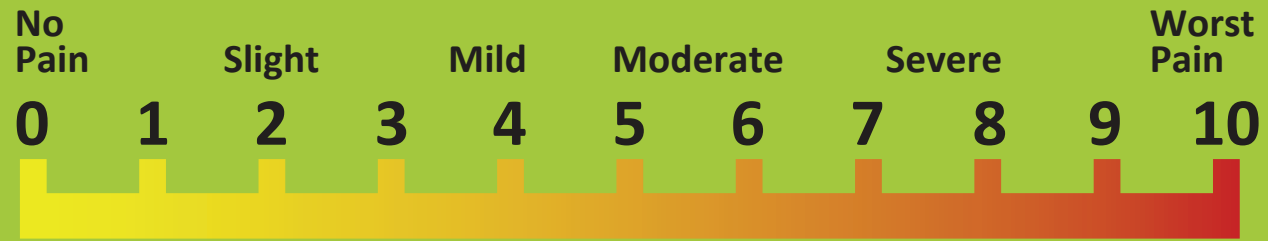




PAIN DIARY

www.bioenergyproducts.co.uk
01702 808868



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.