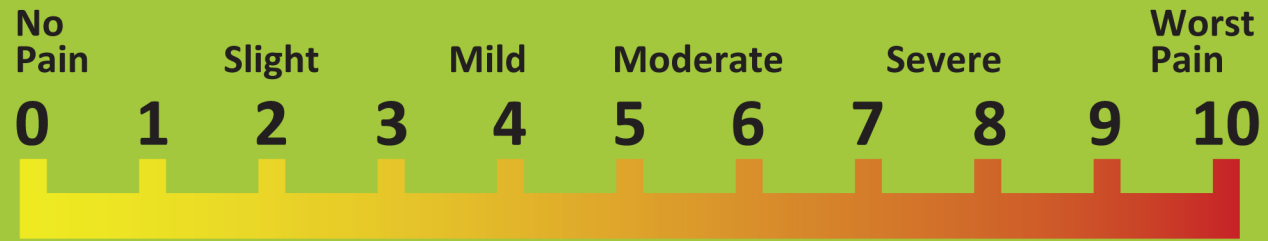




PAIN DIARY

www.bioenergyproducts.com
706-571-4999



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.