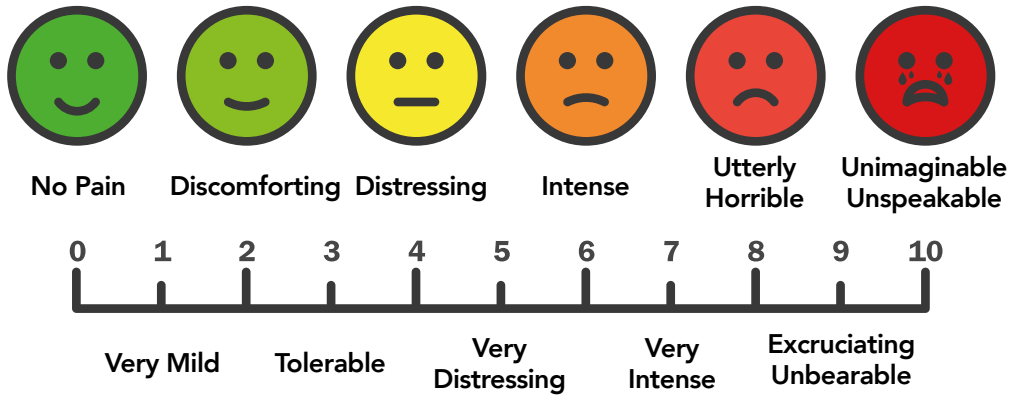


Daily Activity Diary



Week =

Date =

	Morning Pain Score	Work Commitment	Chores & Errands	Social	Exercise & Activity	Evening Pain Score
Monday					Baseline_____ mins	
Tuesday					Planned _____ mins Achieved _____ mins	
Wednesday					Planned _____ mins Achieved _____ mins	
Thursday					Planned _____ mins Achieved _____ mins	
Friday					Planned _____ mins Achieved _____ mins	
Saturday					Planned _____ mins Achieved _____ mins	
Sunday					Planned _____ mins Achieved _____ mins	

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Daily Activity Diary (example)

Week [insert the number of the week ie. if this is the first week you've kept a diary – insert 1]

Date [insert the date of the first Monday of the week]

	Morning Pain Score	Work Commitment	Chores & Errands	Social	Exercise & Activity	Evening Pain Score
Monday	3	6 hours sitting	Post office	Barbecue with friends	Baseline _10_ mins walking	7
Tuesday	4	6 hours computer			Planned _10_ mins Achieved _8_ mins	6 😊

Working Out Your Baseline

Set a Goal

I would like to be able to _____

for _____ minutes a day

(choose an activity or exercise be it walking the dog or swimming, a yoga class)

Ask yourself the question realistically what can you manage pain free

At the moment if I _____ (the activity/exercise)

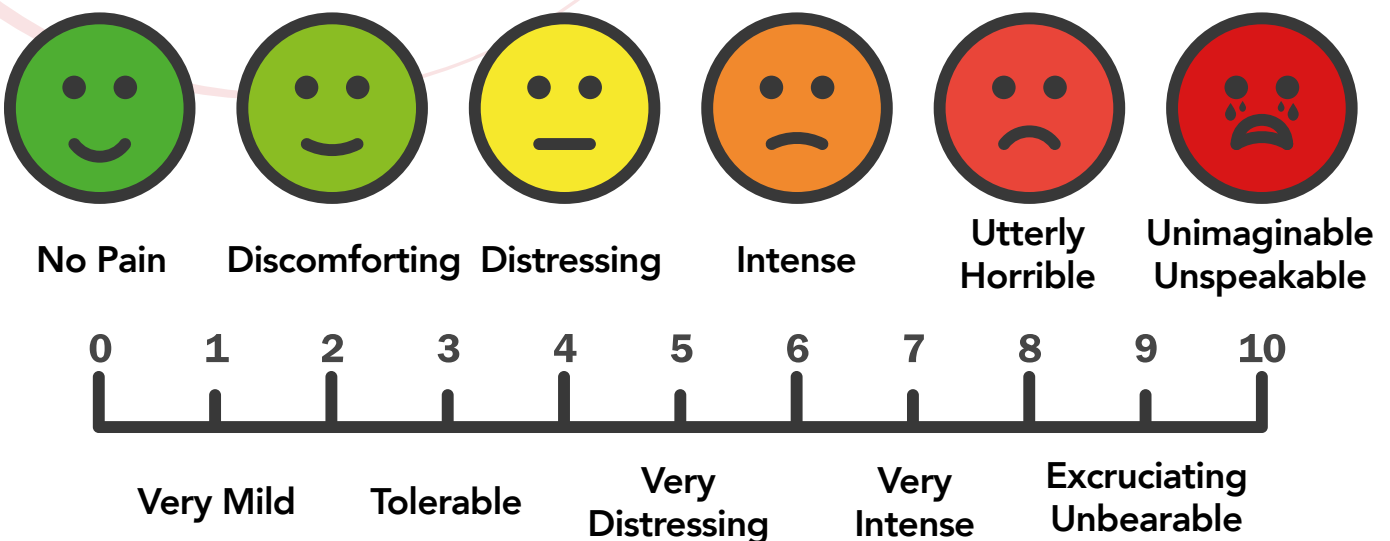
For _____ minutes I will not be able to do anything else the rest of the day
or even tomorrow

For _____ minutes I will be sore and need to rest

For _____ minutes I may be sore

For _____ minutes I know I can do without pain flaring up

Once you have worked backwards to the point where you know you can manage
without pain – that is your starting point, your baseline.



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