

Day: \_\_\_\_\_

Date: \_\_\_\_\_

Meds... @morning \_\_\_\_\_ o'clock @evening \_\_\_\_\_ o'clock @bedtime \_\_\_\_\_ o'clock

Changes in my meds: \_\_\_\_\_

MEALS	Description	Pain 1 - 10	Foggy 1 - 10	Mood 1 - 10
Breakfast o'clock				
Snack o'clock				
Lunch o'clock				
Snack o'clock				
Dinner o'clock				
Snack o'clock				

**H<sub>2</sub>O** → ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

### Sleep Hygiene



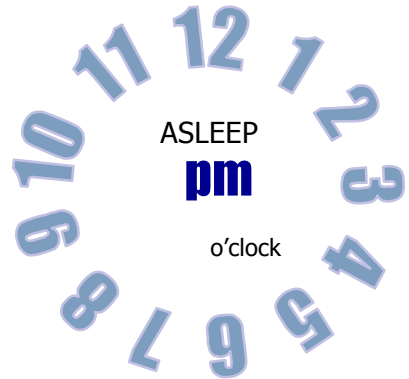
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Slept \_\_\_\_\_ Hours



The tools I used to manage my pain today: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# pAcE ... PaCe ... pAcE ...

Work... Start @ \_\_\_\_\_ o'clock End @ \_\_\_\_\_ o'clock

Exercise	Repetition	Type
Ex: Shoulder circles	5x	stretching

Today I am grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Today I was challenged by \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

STRESS 1 2 3 4 5 6 7 8 9 10

Enjoyable Activity \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Extra space to write anything else I want to remember!! 😊