



My Weekly Activity Planner

Week beginning:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Use this planner to **record your Activities** (including sedentary or resting activities) over a week. This will help you to identify where you can break up and vary things better.

Record you pain levels: Either use 0-10 (where 0=no pain, 10=worst pain) or use colour coding to monitor you pain levels as follows:

RED = Most aggravating of pain – need to stop the activity; **AMBER** = tolerable pain increase for limited period; **GREEN** = no effect on pain level