



# Self Monitoring Log

FOR THE WEEK OF: \_\_\_\_\_

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.

**NOTE:**

# Self Monitoring Log

FOR THE WEEK OF: March 8th

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
8:30AM	😊 Sleep Read emails, computer time Pain 4/10	😞 Sleep Stayed in bed late Pain 8/10	😞 Sleep Medical appointment Pain 7/10	😞 Sleep Read emails Pain 6/10	😊 Sleep Reading Pain 4/10	Forgot to complete this entry (skipped)	😊 Sleep Late Breakfast Pain 4/10
1:30PM	Cleaned kitchen Pain 7/10	Skipped lunch TV, reading Pain 8/10	Grocery shopping Pain 8/10	Lunch out with friend Pain 4/10	Skipped lunch Gardening Pain 7/10	Yoga Pain 5/10	Walk Housecleaning Pain 7/10
9:30PM	Takeout dinner Watched TV Pain 7/10	Unloaded dishwasher Pain 9/10	Takeout dinner TV Pain 9/10	Went for walk TV Pain 5/10	Long phone call Did some stretches Pain 6/10	Movie night Pain 6/10	Watch TV Pain 7/10

**NOTE:**

My goal for this week is to track my pain levels and daily activities

I think my pain symptoms might be related to sleep, so I will pay special attention to this

## Stretching Exercises

### Hamstring Stretch



- Sitting with one leg extended, ankle flexed
- Lean forward at hip (keep neutral spine)

### Hip Stretch



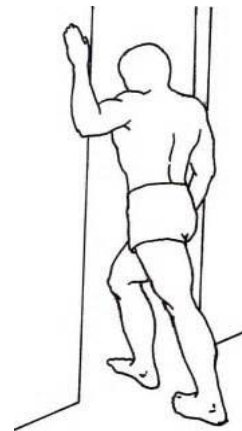
- Sitting position, cross one ankle across your knee
- Sit up tall
- To increase stretch, lean forward slightly at hips

### Back Stretch



- Sitting position
- Interlace fingers and reach forward

### Chest Stretch



- Rest forearm on wall
- Step forward keeping neutral spine

## Increasing Activity Tolerance

Remember, tolerance is the amount of time you can do an activity until you experience a noticeable increase in pain, not the maximum time that you are able to do something before needing to take a break.

To calculate your current activity tolerance plan, follow these steps:

*Choose an activity*

*Complete the activity at least 3 times. Take a break when you experience a **noticeable** increase in pain (i.e., 1 to 2 point increase on a 10 point scale) and make note of how much time it took before your symptoms increased*

*Calculate the average time of the three trials to find your 'tolerance' for the activity*

Activity : \_\_\_\_\_

Trial 1: \_\_\_\_\_

Trial 2: \_\_\_\_\_

Trial 3: \_\_\_\_\_

Estimated Tolerance (Average of 3 trials): \_\_\_\_\_

*Calculate the baseline (where you will begin build your tolerance). Divide the tolerance by two to determine the baseline. Next time you do this activity, take a break or change activities once you reach your 'baseline'.*

Baseline (Tolerance  $\div$  2): \_\_\_\_\_

- 1. Determine when/how often you will attempt an increase (after how many times/days/weeks?)**
- 2. When you are ready to increase, add 10%: Divide the baseline by 10 to determine how much to increase by**

When will you increase the activity? \_\_\_\_\_

How much will you increase by (Baseline  $\div$  10) ? \_\_\_\_\_

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