

Weekly Activity Chart

Add your typical weekly activities in the left-hand column. Give each activity an effort/difficulty rating between 1 and 5, with 1 being very difficult or uncomfortable and 5 being easy/painless. At the end of each day, rate how you feel in a similar way. Add a ✓ or an X each day you perform the specific activity. This will help you start to recognize patterns between your activities and your end-of-day comfort or pain.

Example:

Week Aug 10 - 16

| Activity / Rating | Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|---------------------------|-----|-----|-----|-----|------|-----|-----|
| <i>Stretching - 4</i> | | ✓ | | ✓ | ✓ | | ✓ |
| <i>Walking - 4</i> | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| <i>Core Exercises - 4</i> | | | ✓ | | ✓ | | |
| <i>Gardening - 2</i> | | ✓ | ✓ | | | ✓ | |
| <i>Laundry - 3</i> | ✓ | | | | | | |
| End of day rating 1-5 | 3 | 3 | 2 | 4 | 4 | 2 | 4 |

RATING 1-5:

1 Difficult or Painful

5 Easy / No Pain

Triggers Gardening and laundry

Adjustments Stretch before doing laundry or gardening

Additional Notes: *Try doing core exercises 4 or more days a week. Stretch before gardening
Look into finding a local exercise or yoga group to improve weekly activity level.*

Here, we recognize that we feel the worst on days when we garden and do laundry without stretching. Would additional core exercise days also help? Adding little tweaks to your routine will help you manage and reduce your pain for activities that cause more discomfort.

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|-----------------------|-----|-----|-----|-----|------|-----|-----|
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| End of day rating 1-5 | | | | | | | |

Week _____

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|-----------------------|-----|-----|-----|-----|------|-----|-----|
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| End of day rating 1-5 | | | | | | | |

RATING 1-5:
1 Difficult or Painful
5 Easy / No Pain

Triggers _____

Adjustments _____

Additional Notes: