

Time	Food	Medicine	Activity	Start Time	Activity	pain lvl (0-10)	What Helped	What do not help	End Time

NOTES																																																																			
	_		-	-	-	-	-							-	-	-	-	-	-	-	-	-	-						- 3	- 1	-	-	-	-	-	-	-	-	-	-	-	-	_	_	_	-	-	 		-	 -	-	-	-	_	_	_	-	-	_	-	-	_	-	_	 	
	_													-	-	-	_		-		-	-											_	_		_	_	_	_	_	_	_	_	_	_	_		 			 	_	_	_	_	_	_	-	_	_	_	_	_	_	_	 	
					900	5-15			2 0	2 6	2 0	2 6	3 62			100	<u> </u>	1 00		1 12				2 62	2 6	2 2	3 0	2 0	2 (2 (925	92	926	900												925		2 0	2 0		00					22									2 62	5 6
	_	_		_	_	_							-	_	-	-	_	-	-	-												_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	 			 -	_	_	_	_	_	_	_	_	_	_	_	_	_	-	 	