

How to complete activity diaries:

Set a time each morning and/or evening when you will look back over the previous hours/day and fill in this diary.

- **1. For each time slot (Morning, Afternoon, Evening) write brief details of what you did** (e.g. cleaning 30mins, in bed 2hrs, coffee with friend 50mins) in the space provided.
- **2. At the top of each column circle whether or not your mat exercises and relaxation were done** that day.
- **3. Then rate the following for each day:**
 - **Pain 0-10 (10= extreme pain)**
 - **Fatigue 0-10 (10 = extremely fatigued)**
 - **Mood 0-10 (10 = good mood)**
 - **Sense of achievement 0-10 (10= feel have achieved a lot)**

We know that your ratings may go up and down over the course of the day, so please give **average scores for the day**. For example, if you had a bad pain day but managed to do your exercises, you might feel a sense of achievement and your scores could look like Pain = 9, Fatigue = 8, Mood = 7, Achievement = 7.

Remember to **look back over your diaries regularly to see if you can spot any patterns or areas where changes could be made** (e.g. Can you see any days when you are overdoing it or resting too much? What impact does this over or under activity have the following evening/day?)