

# TOOLKIT WORKSHEETS

## 1. LIST OF ACTIVITIES YOU ARE CURRENTLY DOING TO MANAGE YOUR PAIN – STEP 1, STEP 5, STEP 7

Use this worksheet for toolkit Step 1 (evaluate what activities you are doing now). Add new ideas to it in Step 5 to create a recovery plan. Add rewards to your plan in Step 7.

<b>BODY</b>	<b>MIND</b>	<b>SUPPORT</b>	<b>LIFESTYLE</b>	<b>ACCEPTANCE</b>
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
5.	5.	5.	5.	5.
6.	6.	6.	6.	6.
7.	7.	7.	7.	7.
8.	8.	8.	8.	8.
9.	9.	9.	9.	9.
10.	10.	10.	10.	10.



### 3. MASTER LIST OF TYPES OF PAIN YOU FEEL EACH DAY – STEP 3

List of all of the different types of pain you feel. Describe as many types as possible.

TYPE OF PAIN	WHY/WHEN I GET IT	HOW BAD (ON SCALE OF 1-10)

## 4. SAMPLE DAILY PAIN LOG – STEP 3 AND STEP 6

Use this worksheet to track your daily activity and pain levels (using the key/list above for rankings). Over time, add new projects and chart how they make you feel.

DATE	ACTIVITY	PAIN FELT	RANK
6:00 am			
7:00 am			
8:00 am			
9:00 am			
10:00 am			
11:00 am			
12:00 pm			
1:00 pm			
2:00 pm			
3:00 pm			
4:00 pm			
5:00 pm			
6:00 pm			
7:00 pm			
8:00 pm			
9:00 pm			
10:00 pm			