|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Morning score**  **0 – 10**  **Pain scale1** | **Rate when your pain was at its least. What were you doing?2** | **Rate when your pain was at its worst. What were you doing?3** | **Training completed?** | **Sets and reps completed**  **3x a week**  **(start at 15 reps reduce to 6 with increased resistance)** | **Bedtime score**  **0 – 10**  **Pain scale4** | **Daily total**  **Add 1-4** |
| **Mon** |  |  |  |  |  |  |  |
| **Tue** |  |  |  |  |  |  |  |
| **Wed** |  |  |  |  |  |  |  |
| **Thurs** |  |  |  |  |  |  |  |
| **Fri** |  |  |  |  |  |  |  |
| **Sat** |  |  |  |  |  |  |  |
| **Sun** |  |  |  |  |  |  |  |