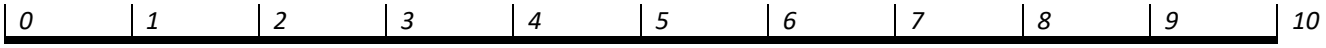
4PCP Function, Comfort and Pain Weekly Diary

To unpack your pain experience into manageable pieces

Rank your comfort (rather than pain) 3 times each day using the scale below: (1) at a standard time in the morning, (2) after exercise & (3) after homework. If comfort rises or drops, how long did it stay that way?



NO COMFORT AT ALL *AS COMFORTABLE AS IMAGINABLE*

Date & Time	***Daily Comfort 0-10***	***Exercise I did – how long? how it went?***	***Comfort 0-10***	***How long at that level?***	***Homework I did – how it went***	***Comfort 0-10***	***How long at that level?***	***What I learned today***
EXAMPLE Sept 20, 2020; 10 am	**5**	Up and down stairs 3 times; took 15 minutes – was very hard	**2**	**30 mins**	Did the dishes for the first time, stood for 30'. Felt good to be doing it but was a bit too much time.	**3**	**20 mins**	Need to pace myself better and will do dishes only 10' and then ask someone else to take over.