

# ACTIVITY TRACKER



DATE/ TIME	ACTIVITY/ MOVEMENT/ POSITION	DURATION, DIFFICULTY	SYMPTOMS BEFORE	SYMPTOMS DURING	SYMPTOMS AFTER	SLEEP DURATION, QUALITY	SYMPTOMS THE NEXT DAY
Example	Walking	25 minutes, moderate	Low	Moderate	Moderate	6.5 hours, moderate quality, woke up 2 times	Increased pain in the morning after rising
Example	Sitting (working)	3 hours	Absent	Moderate	Low	7 hours, good quality	Absent symptoms upon rising
Example	Bending	N/A	Absent	Severe	Absent	8 hours, moderate	Absent

