

My activity diary

Use this in conjunction with *Pacing – a really useful skill for people with pain* from *My Live Well with Pain*

Time	Activity	How many minutes did you do?
8am	Shower Got dressed Made me and Anne some breakfast	10 5 20
9am	Washed the dishes and tidied the kitchen	25
10am	Sat with Anne and had a coffee and a chat Sat in kitchen and wrote a shopping list	45 15