Time of Day:	Day 1	Day 2
<b>AM:</b> Pain in bed? Getting out of bed? Once up and about? Exercises done and after? Walking?		
Lunchtime: What did you do this morning? Sitting? Driving? Tasks at work? Heavy lifting?		
<b>PM:</b> How did the day progress? What did you do in the evening? Sitting? Walk? Exercises?		