

# Daily Log for      day/date

## Pain Tracker

Functional level %age of day:

A: Engaged, active, mobile, productive, riding the waves.	A	%
B: Reduce stim/work to stay active, mobile, functional.	B	%
C: Withdrawn, few decisions, min functn, self-care focus.	C	%
D: Pretty useless. Need low stim + healthy food.	D	%
F: Dead.		
Dropped things/couldn't hold on/knees buckled	Yes	No
Spikes >B unrelated to activity	Yes	No
Envi. notes: Δ bar sol wifi		

## Health Tracker

Requires treatment/ Interferes w. functioning/ Add'tnl pain sources:

Throat/sinuses		Old injury	
Asthma		Acute illness	
Headache		Acute injury	
Exhaustion		Menses - day #	

## Self-Care

Can't/Tried?/Worked ☺		Can't/Tried?/Worked ☺		ADL's:	
Emu/salve	? ☺	Books	? ☺	Showered	
Exercise	? ☺	Movies/TV	? ☺	Shampoo'd	
Fresh air	? ☺	Music/Art	? ☺	Shaved	
Produce s.th.	? ☺	Friends	? ☺	Teeth	□□
T'ai chi	? ☺	Meditate	? ☺	Fully dressed	
Qi gong	? ☺	NSAID	? ☺	Sink bath	
Blow bubbles	? ☺	Narc/Benz	? ☺	Tub/Epsom	

## Eating

Water	□□□□	Greens, berries	□□
Caffeine	□	Steamed Vegetables	□□
Apple	□□		
Avocado, Olive, Nuts	□□□	Grains	
Right meats/fats	□□	High pollen/smog	
Other Protein	□□	Concentrated Sweets	
Probiotics	□	Other tox	

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