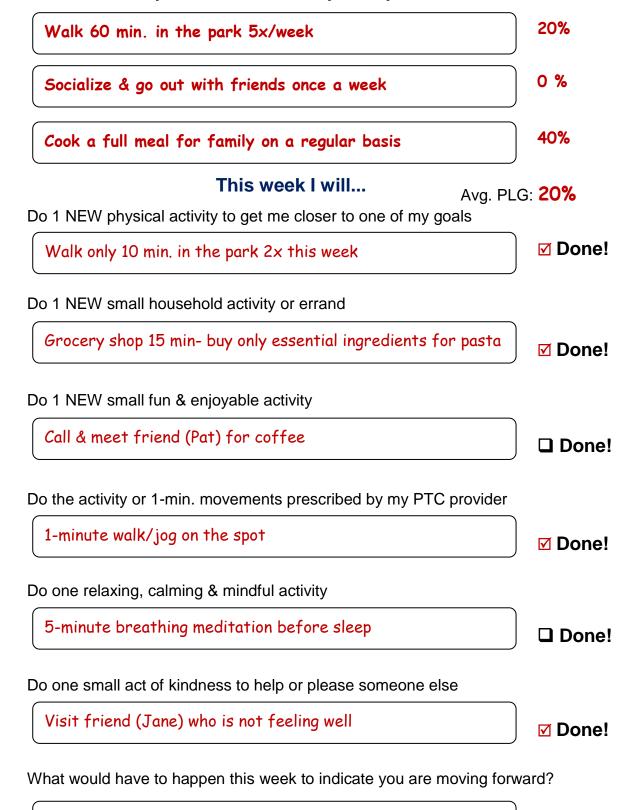
COMPLETE AT THE BEGINNING OF THE WEEK

Week __1___

Date: January 7

Can you name 3 activities that you would like to get back into doing that you currently have difficulty with or avoid? What do you really want to do?



Achieve most of the goals above & better understand pain

✓ Done!

For the upcoming weeks I wish to focus on improving my sense of...

- Purpose (Activity goals)
- Trust in my own body
- Control over my life stresses
- Connection with nature
- Proper nutrition

□ Self-acceptance

Control over pain

Social connection

Circle the ONE strategy that you wish to focus on for this week.

COMPLETE AT THE END OF THE WEEK

In the past week, I have...

1:	Moved a bit closer towards my activity goals	🗹 Yes	❑Not yet
2:	Positively changed my relationship with pain	□Yes	✓ Not yet
3:	Experienced some fun & pleasurable activities	✓ Yes	❑Not yet
4:	Trusted my body more, knowing that it is structurally okay	□Yes	✓ Not yet
5:	Moved towards accepting my current self, as I am today	□Yes	✓ Not yet
6:	Sensed I am gaining more control over my life stresses	□Yes	✓ Not yet
7:	Done some form of daily physical activity (even if small)	✓ Yes	❑Not yet
8:	Done some form of calming activity / mindfulness practice	✓ Yes	❑Not yet
9:	Had a nutritious and healthy diet with good hydration	✓ Yes	❑Not yet
10	Spent time outdoors in nature	✓ Yes	❑Not yet
11	Experienced some positive social connections	✓ Yes	❑Not yet
12	. Done something to improve my sleep	□Yes	✓ Not yet

What did you do this week that indicates that you have moved forward?

(Write down at least one small activity that was new, positive or that you've slightly improved in...)

Visited a friend in need / enjoyed the social interaction

What valuable lesson in my understanding of pain have I learned this week?

I now know the difference between comfortable & uncomfortable pain

TO BE COMPLETED ONLY ON WEEK 0 + THE END OF WEEKS 6 & 12

	Date	PDI	PSEQ	CSI	Average PLG Score
Week 0	Jan 7	51/70	3/24	N/A	<mark>20</mark> %
Week 6					%
Week 12					%

- Fun & pleasure in life
- Physical well-being
- Emotional well-being
- Sleeping well