January

Activities	Symptoms/Pain/Side Effects
1	❑ Severe ❑ Mild ❑ None
2	❑ Severe ❑ Mild ❑ None
3	❑ Severe ❑ Mild ❑ None
4	❑ Severe ❑ Mild ❑ None
5	❑ Severe ❑ Mild ❑ None
6	❑ Severe ❑ Mild ❑ None
7	❑ Severe ❑ Mild ❑ None
8	❑ Severe ❑ Mild ❑ None
9	❑ Severe ❑ Mild ❑ None
10	❑ Severe ❑ Mild ❑ None
11	❑ Severe ❑ Mild ❑ None
12	❑ Severe ❑ Mild ❑ None
13	❑ Severe ❑ Mild ❑ None
14	❑ Severe ❑ Mild ❑ None
15	❑ Severe ❑ Mild ❑ None
16	❑ Severe ❑ Mild ❑ None
17	❑ Severe ❑ Mild ❑ None
18	❑ Severe ❑ Mild ❑ None
19	❑ Severe ❑ Mild ❑ None
20	❑ Severe ❑ Mild ❑ None
21	❑ Severe ❑ Mild ❑ None
22	❑ Severe ❑ Mild ❑ None
23	❑ Severe ❑ Mild ❑ None
24	❑ Severe ❑ Mild ❑ None
25	❑ Severe ❑ Mild ❑ None
26	❑ Severe ❑ Mild ❑ None
27	❑ Severe ❑ Mild ❑ None
28	❑ Severe ❑ Mild ❑ None
29	❑ Severe ❑ Mild ❑ None
30	❑ Severe ❑ Mild ❑ None
31	❑ Severe ❑ Mild ❑ None

DRAFT