'Sports Pain and Function' Diary

(Debenham & Lewin, 2016)

Instructions: please fill out the diary with four bits of information for each and EVERY activity that you do.

1. **The date** of the activity: remember, if you do multiple activities on one day; complete a separate entry for each one.
2. **Duration**: in minutes, how long did the activity last in total (excluding breaks)
3. The **average intensity** of the activity: on a scale of 0 to 10, how hard was the activity **on average** (including warm-ups, cool downs, recovery sections) – a score of 10 would indicate that you got on your bike and road as hard as you possibly could for the ENTIRE ride, and a score of 0 would indicate that you did nothing
4. The level of **pain** at its worst: During the activity, when your pain was at its worst, how bad was it on a scale of 0-10 (0 = no pain at all, 10 being the worst pain you could possibly imagine)

	Date	**Date**	**Date**	**Date**	**Date**	**Date**	**Date**	**Date**	**Date**
Activity (e.g. walk, run, cycle)									
Duration (minutes)									
Intensity (0-10)									
Pain (0-10)									

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Activity (e.g. walk, run, cycle)									
Duration (minutes)									
Intensity (0-10)									
Pain (0-10)									

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Bodycare Physiotherapy Patient:_____

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Duration (minutes)									
Intensity (0-10)									
Pain (0-10)									

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