Kindred Grove

DATE:

TODAY'S REMINDER:

MANKOSKI PAIN SCALE TRACKER

	AM	MID	PM
10. UNCONSCIOUS/PAIN CAUSED YOU TO PASS OUT			
9. CAN'T SPEAK OR CRYING/MOANING UNCONTROLABLY			
8. ACTIVITY IS SEVERELY LIMITED. CAN STILL READ/TALK WITH EFFORT			
7. HARD TO SLEEP/CONCENTRATE BUT CAN FUNCTION WITH EFFORT.			
6. CANNOT IGNORE BUT ABLE TO WORK/PARTICIPATE IN ACTIVITIES			
5. CANNOT IGNORE MORE THAN 30-MINUTES AT A TIME.			
4. CAN BE IGNORED IF HEAVILY FOCUSED BUT STILL DISTRACTING			
3. ANNOYING ENOUGH TO BE DISTRACTING BUT EASILY IGNORE			
2. MINOR ANNOYANCE-OCCASIONALLY STRONG TWINGES			
1. VERY MINOR ANNOYANCE-OCCASSIONAL MINOR TWINGES			

DAILY LIVING ACTIVITIES

SLEEP

MEALS

SNACKS

TIME: TIME: TIME: TIME:

TIME: TIME: TIME: TIME:

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CUPS OF WATER

PERSONAL CARE

EVENT/SYMPTOM TRACKER

	IMPACT SCORE (1-10)
1.	
2.	
3.	
4.	
5.	
6.	

TODAY'S POSSIBILITIES

	RELIEF SCORE (1-10)

ACTIONING MY VALUES

DAILY REFLECTION: