

Moving to CHANGEpain: Increasing Function

ACTIVITY & EMOTIONS LOG – Sample Template

This is an example of what your Activity & Emotions log may look like. You are welcome to use this template or develop your own. In the Additional Loads section at the bottom, you can make note of things like poor sleep or conflicts with others.

Date: _____

TIME	ACTIVITY	EMOTION(S) & INTENSITY (0-10)

Additional Loads: