

Dolor Detection Diary

Date	Day
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Need help? www.Mbdolor.com / info@dolor.se!

Use a scale 1-10 to detect patterns; 10 is high and 1 is low. Pick either words or 1-10 for Mood. We'd love to have energy and mood high and the rest low.

Time	Activity	Energy	Mood. Depressed or excited?	Pain	Stress	Rumination Brooding	Anxiety	Food, drinks and amount or comment about anxiety, ruminations...
05:00								
06:00								
07:00								
08:00								
09:00								
10:00								
11:00								
12:00								
13:00								
14:00								
15:00								
16:00								
17:00								
18:00								
19:00								
20:00								
21:00								
22:00								
23:00								
00:00								
01:00								
02:00								
03:00								
04:00								

Sleep	Comments
Quality of sleep 0-10	
Number of times woken up	
Did you wake up fully rested?	
Estimated time to fall asleep	