

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
☐																															
<i>Symptoms</i>																															

	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
Symptoms	
<i>Pain-level</i>	
HIGH	
MODERATE	
LOW	
<i>Energy-level</i>	
HIGH	
MODERATE	
LOW	