

Back Pain Management Programme

Measuring baselines

Activity							
	Day one	Day two	Day three	Day four	Day five		
Morning							
Lunchtime							
Evening							
					Total	Average	Less 20%

Baseline for _____ is _____

Activity							
	Day one	Day two	Day three	Day four	Day five		
Morning							
Lunchtime							
Evening							
					Total	Average	Less 20%

Baseline for _____ is _____

Activity							
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