

# Smertedagbog 31 dage

Få indsigt i dine smerter, din energi og din hverdag



Denne dagbog hjælper dig med at:

- forstå dine smerter
- opdage mønstre
- bedre dialog med sundhedsfaglige

Dato \_\_\_\_\_

Smerte

(styrke 1 til 10)



Energi

Dagens balance

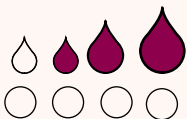
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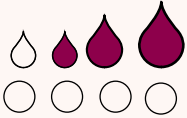
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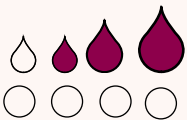
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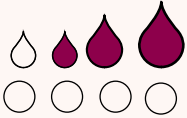
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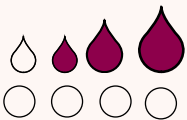
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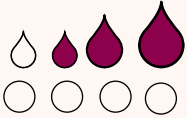
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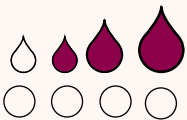
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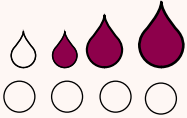
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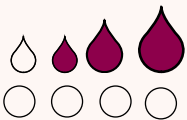
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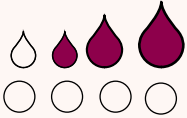
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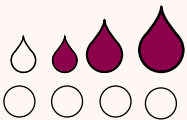
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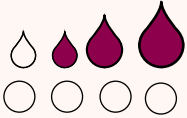
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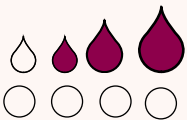
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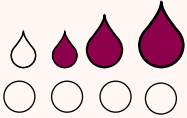
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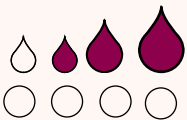
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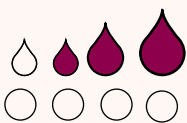
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## Refleksion efter 31 dage

Hvornår var mine smerter værst?

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Hvad påvirkede min energi?

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Hvordan blev min søvn påvirket?

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Hvilke belastninger gik igen?

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Hvad vil jeg forandre fremadrettet?

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