

### HMD Tool for Self-Monitoring

© Hidden Mobility Disabilities Alliance 2017

		Level of Pain			Date:	Score:
		Low	Moderate	High	<i>Implications for my day:</i>	
Quality of Sleep	Fully rested	A	B	C		
	Somewhat rested	B	C	D		
	Not rested	C	D	F		

Score	Circumstances	Implication
A	Feel good; well-rested; relatively pain free	May be tempted to walk further or stand longer than is really comfortable, so need to monitor self in order not to over-extend
B	Somewhat rested; pain low to moderate	Able to handle everyday tasks without negative consequences if stop walking or standing while still in comfort zone
C	Not very rested; likely to have difficulties	Need to be selective about activities that involve walking or standing
D	Not very rested; pain may interfere with concentration & produce irritability	Need to be careful not to overextend or to be cranky inappropriately with others
F	Not very rested; pain intense; pain will interfere with concentration & result in irritability	Need to restrict walking & standing as much as possible; consider rescheduling activities to another day



### HMD Tool for Self-Monitoring

© Hidden Mobility Disabilities Alliance 2017

		Level of Pain			Date:	Score:
		Low	Moderate	High	<i>Implications for my day:</i>	
Quality of Sleep	Fully rested	A	B	C		
	Somewhat rested	B	C	D		
	Not rested	C	D	F		

Score	Circumstances	Implication
A	Feel good; well-rested; relatively pain free	May be tempted to walk further or stand longer than is really comfortable, so need to monitor self in order not to over-extend
B	Somewhat rested; pain low to moderate	Able to handle everyday tasks without negative consequences if stop walking or standing while still in comfort zone
C	Not very rested; likely to have difficulties	Need to be selective about activities that involve walking or standing
D	Not very rested; pain may interfere with concentration & produce irritability	Need to be careful not to overextend or to be cranky inappropriately with others
F	Not very rested; pain intense; pain will interfere with concentration & result in irritability	Need to restrict walking & standing as much as possible; consider rescheduling activities to another day