

## ***My Spinal Care Checklist***

Set an alarm for various times of the day and for different activities to remind yourself to check in with the list below over the course of the 5 day workshop and fill in the table.

This will give you a greater understanding of specific areas you can start to change and which parts of the workshop are going to be most beneficial for you to do this.

<b>How does your spine feel when:</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>You first wake up</b>					
<b>As you move through your day - e. g walking, exercising, activity</b>					
<b>When you sit. Note the seat comfort/ suitability. Length of time spent sitting. Work desk comfort.</b>					
<b>When you spend time on your sofa</b>					

<b>At the end of your day. Before you go to sleep in your bed. Notice pillows etc</b>					
<b>During day - Lifting &amp; moving e.g children, heavy items</b>					
<b>Other observations &amp; notes</b>					