

Baseline 50% pain - avg steps Sept = 4,756 -

Steps above last month's average

date	1-work	2-daily steps	3-walk with	4-nidra	Other restorative	Moving med.
Oct 11		5538		10 min		
Oct 12		7504	JP			
Oct 13	varied	4016		10 min		
Oct 14	varied	4980	JP			
Oct 15	varied	4621	JP			yes
Oct 16	varied	4979			savasana	12 ss
Oct 17	varied	8374				yes
Check in	Pain = 40%	Avg = 5716	# = 3	2 out of 7		
Oct 18	varied	4947	JP	10 min		
Oct 19	varied	7720	JP	10 min		
Oct 20	varied	5815	JP			
Oct 21	varied	4833		10 min		
Oct 22	varied	4228	JP		30 min binaural beats	
Oct 23	varied	3924		10 min		yes
Oct 24	varied	7090	BT			
Check in	Pain = 40%	Avg = 5508	# = 5	4 out of 7		
Oct 25	varied	2497				
Oct 26	varied	7571	JP, KR	10 min		
Oct 27	varied	6565			30 min binaural beats, restorative poses	
Oct 28	varied	5826				
Oct 29	varied	6197			Restorative poses	
Oct 30	Varied	4808				
Oct 31	Varied	4518				
Check in	Pain = 40%	Avg = 5426	# = 1	1 out of 7		

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