| **Pijndagboek** | | | | | | Hoeveel |
|---|---|---|---|---|---|---|
| | **Pijn** | **Pijn** | **Hoeveel** | **Lopen, fietsen, werk** | | **moeite?** |
| **Datum** | **Cijfer** | **Wanneer, hoe vaak** | **Medicijnen** | **Wat kan ik nu? In meters, minuten** | **Waar heb ik nog moeite mee?** | **Cijfer** |
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