

		Suffering Score			Description of factors		
Day 1	M	0	1	2			
	A	3	4	5			
	E	6	7	8			
Day 2	M	9	10				
	A						
	E						
Day 3	M						
	A						
	E						
Day 4	M						
	A						
	E						
Day 5	M						
	A						
	E						
Day 6	M						
	A						
	E						
Day 7	M						
	A						
	E						

My suffering score now from 0-10

M - Anytime between 6am-12pm

0 = None

A - Anytime between 12pm to 6pm

10 = Worst possible su

E - Anytime between 6pm to 12am.

