

# Endometriosis Pain Log

Track endo symptoms throughout your cycle: pelvic pain, GI issues, and more.

Name: \_\_\_\_\_

Date Range: \_\_\_\_\_

## Pain Scale Reference (0–10 NRS)



## Cycle & Pain Tracking

Cycle Day 1 = first day of period. Track pain and symptoms throughout your cycle.

Date	Cycle Day	Pain (0-10)	Pelvic Pain	Back Pain	Bloating	GI Issues	Fatigue

## Endo-Specific Symptoms

Date	Pain w/ Periods	Pain w/ Sex	Pain w/ Bowel	Bladder Pain	Heavy Bleeding	Spotting	Mood

**Treatment Response & Doctor Notes**