

Endometriosis Pain Log

Comprehensive 6-page endo tracking template — cycle-mapped pain, GI symptoms, bladder issues, fatigue, medication response, and gynecologist-ready summaries.

Name:

Date Range:

Pain Scale Reference (0–10 NRS)

0

1

2

3

4

5

6

7

8

9

10

0 = No Pain5 = Moderate10 = Worst Possible

Cycle & Pain Tracking

Cycle Day 1 = first day of period. Track pain and symptoms throughout your ENTIRE cycle — endo symptoms often occur outside menstruation.

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

Endo-Specific Symptom Tracking

Rate each 0-10 or mark present (Y). These symptoms distinguish endo from primary dysmenorrhea.

Date	Pain w/ Periods	Pain w/ Sex	Pain w/ Bowel	Bladder Pain	Heavy Bleeding	Spotting	Mood (1-5)

GI Symptom Detail (Endo-Related)

Endometriosis commonly affects the bowel. Track GI symptoms with cycle day — patterns help differentiate endo from IBS.

Date	Cycle Day	Bloating	Constipation	Diarrhea	Nausea	Pain w/ Bowel Movement	Rectal Bleeding

Bladder & Urinary Symptoms

Date	Cycle Day	Urgency	Frequency	Pain w/ Urination	Burning	Blood in Urine

Energy & Fatigue Tracking

Date	Cycle Day	Energy (0-10)	Hours Resting	Could Exercise?	Work/ School Absence?	Sleep Qual (1-5)

Full Cycle Symptom Map

Track for 2-3 complete cycles. The pattern across all phases helps your gynecologist localize endo involvement.

Phase	Cycle Days	Avg Pain	Worst Symptom	GI Issues?	Bladder Issues?	Function Impact
Menstrual	1-5					
Follicular	6-13					
Ovulation	14-16					
Luteal (early)	17-21					
Luteal (late)	22-28+					

Cycle Observations & Patterns

Medication & Treatment Log

Track hormonal treatments (GnRH agonists, oral contraceptives, progestins), pain medications, and GI medications separately. Note cycle day for each entry.

Date	Medication / Treatment	Dose	Time Taken	Relief (0-10)	Duration of Relief	Side Effects

Non-Medication Treatments

Track heat therapy, pelvic floor physio, TENS for pelvic pain, dietary changes (low-FODMAP, anti-inflammatory), and acupuncture.

Date	Treatment Type	Duration (min)	Pain Before (0-10)	Pain After (0-10)	Helpful? (Y/N)	Notes

Treatment Effectiveness Summary

Rate each treatment by cycle phase. Endo treatments often work differently in different phases. Track 2-3 complete cycles before judging hormonal treatments.

Treatment	Week 1	Week 2	Week 3	Week 4	Continue? (Y/N)	Notes

Functional Impact Assessment

Rate each activity: 0 = Unable, 5 = Significant difficulty, 10 = Full capacity. Note your cycle day — function often varies by cycle phase.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Work / school attendance							
Standing tolerance							
Walking tolerance							
Exercise ability							
Sexual activity impact							
Social activities							
Household tasks							
Concentration / focus							
Driving							
Self-care							

Self-Care & Daily Living

Mark: Y = Independent ~ = Modified / used aids X = Unable H = Needed help from another person.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Showering / bathing							
Dressing (abdominal comfort)							
Meal prep (standing + GI tolerance)							
Housework (bending, lifting)							
Grocery shopping / errands							
Intimate relationships							
Sleep quality (1-5)							

Cycle-Phase Patterns & Accommodations Needed

Weekly Summary — Endometriosis

Complete at end of each week. Bring to appointments. This page tells your doctor how the week went.

Week of: _____

Average Pain Level (0-10): _____

Worst Day (date + level): _____

Best Day (date + level): _____

Flare Days This Week: _____

Sleep Quality Average (1-5): _____

Cycle day range this week: _____

Period days this week: _____

GI symptom days: _____

Days missed work/school: _____

Pattern Observations

Worst cycle days and why: _____

GI symptoms correlation with cycle: _____

Hormonal treatment response this cycle: _____

Activities that worsened or helped pelvic pain: _____

Questions for Next Appointment

1. _____
2. _____
3. _____
4. _____
5. _____

Cycle Observations & Gynecologist Questions

