

Weekly Pain Log

7-day spread format. See your pain patterns at a glance across an entire week.

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

Weekly Pain Overview

Record morning, afternoon, and evening pain levels. Track sleep and medication daily.

| Day | AM Pain | PM Pain | Eve Pain | Sleep Hrs | Medications | Key Triggers |
|-----------|---------|---------|----------|-----------|-------------|--------------|
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |

Weekly Pattern Check

Best day this week:

Worst day this week:

Pattern noticed:

Treatment changes needed?

Weekly Reflections