

# 7-Day Pain Diary Template

One-week format perfect for preparing for doctor appointments.

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

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

Appointment Date: \_\_\_\_\_

Doctor/Specialist: \_\_\_\_\_

## Pain Scale Reference (0–10 NRS)



## 7-Day Pain & Function Log

Day	Date	Pain (0-10)	Location	Sleep	Mood	Activity	Medications
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

## Appointment Preparation

Average pain this week: \_\_\_\_\_

Worst day and why: \_\_\_\_\_

Best day and why: \_\_\_\_\_

What I want to discuss: \_\_\_\_\_

Medication concerns: \_\_\_\_\_

New symptoms: \_\_\_\_\_

Questions for My Doctor