

Printable Pain Log Sheet

Complete 6-page printable pain tracking kit — daily log sheet, pain scale reference, symptom checklist, medication tracker, weekly summary table, and doctor prep notes.

Name: _____

Date Range: _____

Pain Scale Reference (0–10 NRS)



Daily Pain Log

Record each pain episode. One sheet per day. Morning/Midday/Evening entries capture how pain changes throughout your day.

Time	Pain (0-10)	Location	Type (ache/sharp/burn)	Trigger / Activity	What Helped?
Morning					
Midday					
Afternoon					
Evening					
Bedtime					
Night (if woken)					

Quick Status

Sleep quality (1-5): _____

Energy level (1-5): _____

Mood (one word): _____

Overall day rating (1-10): _____

Notes

Symptom Checklist

Check any symptoms present today alongside your pain. Circle or check each day of the week.

Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fatigue							
Stiffness							
Headache							
Nausea							
Dizziness							
Numbness/tingling							
Weakness							
Brain fog							
Mood changes							
Appetite changes							

Symptom Notes

Medication & Treatment Log

Keep it simple: name, dose, time taken. If it helped, note "Y". If not, note "N". That is enough to start.

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

Non-Medication Treatments

Track anything else you try: heating pad, ice, stretching, rest. One line per treatment is plenty.

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

Treatment Effectiveness Summary

A simple Y (helped) / N (did not help) / ? (not sure) is fine for effectiveness.

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

Fill this in at the end of each week. Stack these side by side and patterns become visible.

Day	Date	Worst Pain	Avg Pain	Sleep (1-5)	Function (1-10)	Meds Used	Notes
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

Average pain this week: _____

Best day: _____

Worst day: _____

Pattern or trigger noticed: _____

Weekly Summary — Pain Tracking

Keep this simple. A brief weekly summary is far more useful than no summary at all.

Week of: _____

Average Pain Level (0-10): _____

Worst Day (date + level): _____

Best Day (date + level): _____

Flare Days This Week: _____

Sleep Quality Average (1-5): _____

Pattern Observations

What I noticed most this week: _____

What helped: _____

What made it worse: _____

Questions for Next Appointment

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

Notes for My Doctor (keep it to 3 key points)

