

What to Include in a Pain Journal

Complete checklist of information that makes pain tracking clinically useful.

Essential (Track Daily)

- Pain intensity (0–10 scale)
- Pain location (be specific)
- Pain type (sharp, dull, burning, throbbing, etc.)
- Time of day pain occurs
- Duration of each episode

Important (Track Daily)

- Medications taken (name, dose, time)
- Medication effectiveness (% relief, duration)
- Sleep quality and hours
- Activities attempted and completed
- What made pain better or worse

Valuable (Track When Relevant)

- Mood and emotional state
- Stress level
- Weather/barometric pressure
- Menstrual cycle day (if applicable)
- Food and hydration
- Exercise or physical therapy

For Appointments (Weekly Summary)

- Average pain level this week
- Worst and best days
- Functional limitations
- Questions for your doctor
- Treatment changes to discuss

Your Tracking Priorities