

# Chronic Pain Diary Template

Designed for long-term chronic pain tracking with baseline and flare documentation.

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

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

## Pain Scale Reference (0–10 NRS)



## Baseline & Flare Tracking

Track your baseline (typical) pain and mark flare episodes separately. This helps distinguish patterns.

Date	Baseline (0-10)	Flare? (Y/N)	Peak Pain	Flare Duration	Trigger	Treatment Used

## Daily Impact & Coping

Date	Sleep Hrs	Fatigue	Mood	Activities Done	Activities Missed	Coping Methods

## Medication & Treatment Log

Date	Medication	Dose	Time	Relief (0-10)	Side Effects	Notes

### Weekly Summary & Doctor Questions