

Monthly Pain Tracker

Monthly overview for tracking long-term trends and treatment effectiveness.

Name: _____

Date Range: _____

Monthly Pain Calendar

Write your average daily pain (0–10) in each cell. Circle days with flares. Mark medications.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Avg
1								
2								
3								
4								
5								

Pain Scale Reference (0–10 NRS)



Monthly Summary

Month/Year: _____

Average pain this month: _____

Number of flare days: _____

Medications this month: _____

Treatments tried: _____

What improved? _____

What worsened? _____

Goals for Next Month
