

Chronic Pain Diary Template

Complete 6-page chronic pain diary — baseline/flare tracking, trigger identification, treatment response, functional impact, and monthly trend analysis for long-term pain management.

Name:

Date Range:

Pain Scale Reference (0–10 NRS)

0

1

2

3

4

5

6

7

8

9

10

0 = No Pain5 = Moderate10 = Worst Possible

Baseline & Flare Tracking

Baseline = your typical daily pain. Flare = significant increase. Distinguishing these two is the key insight of chronic pain tracking.

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

Daily Impact & Coping

Date	Sleep Hrs	Sleep Qual (1-5)	Fatigue (0-10)	Mood (1-5)	Activities Done	Activities Missed

Flare Trigger Identification

Check triggers present each day. Compare trigger days to flare days after 2+ weeks to identify your personal triggers.

Trigger Category	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Over-exertion (boom-bust)							
Weather / barometric change							
Poor sleep (< 5 hours)							
Prolonged sitting or standing							
High stress / emotional							
Illness / infection							
Missed medication dose							
Hormonal cycle change							
Dietary factor: _____							

Flare Episode Detail

For each flare, capture the full picture: onset to resolution.

Date	Onset Time	Peak Pain	Duration (hrs/days)	Trigger(s)	Treatment & Response	Recovery Time

Energy & Pacing Log

Pacing is the #1 chronic pain management strategy. Track your energy budget to identify your sustainable activity level.

Date	Morning Energy (0-10)	Midday Energy (0-10)	Evening Energy (0-10)	Activities Done	Rest Breaks (count)	Over-did it? (Y/N)

Coping Strategy Effectiveness

Rate each strategy 0-10 for how much it helped this week. Helps identify your most effective tools.

Strategy	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Heat / warm bath							
Cold / ice pack							
Gentle movement / walking							
Stretching / yoga							
Distraction (book, TV)							
Breathing / meditation							
TENS unit							

Medication & Treatment Log

Chronic pain often involves layered treatments. Track each separately: scheduled meds, PRN (as-needed) meds, and rescue medications during flares.

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

Non-Medication Treatments

Rate coping strategies this week (0-10). Over months, this reveals which strategies have real, repeatable benefit vs placebo.

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

Treatment Effectiveness Summary

For chronic conditions, track trends over weeks, not individual days. Does this treatment improve your baseline or just reduce flares?

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

Functional Impact Assessment

Rate each activity: 0 = Unable, 5 = Significant difficulty, 10 = Full capacity. Track daily or on representative days.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Walking (distance/time)							
Standing (minutes)							
Sitting (minutes)							
Lifting (max lbs)							
Household chores							
Exercise tolerance							
Social activities							
Concentration / work							
Driving							
Self-care							

Self-Care & Daily Living

Mark: Y = Independent ~ = Modified / used aids X = Unable H = Needed help from another person.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bathing / showering							
Dressing							
Preparing meals							
Housework / cleaning							
Grocery shopping							
Driving							
Sleep quality (1-5)							

Functional Limitations & Accommodations Used

Monthly Trend Review

Complete at month-end. This is the page your doctor needs to see — trends, not daily details.

Month / Year: _____

Average Pain Level (0-10): _____

Worst Pain Level This Month: _____

Best Pain Level This Month: _____

Flare Count: _____

Average Flare Duration: _____

Pain Trend (improving / stable / worsening): _____

Medication Changes This Month: _____

Triggers Confirmed: _____

Questions for Next Appointment

Goals for Next Month