

Monthly Pain Tracker

Comprehensive 30-day overview with daily pain calendar, sleep & energy, medication log, functional impact, trigger patterns, mood trends, and monthly summary — the long-term view your provider needs.

Name: _____

Month/Year: _____

Provider: _____

Pain Scale Reference (0–10 NRS)



1. Monthly Pain Calendar

Write your average daily pain (0-10) in each cell. Circle days with flares (6+). Mark medication changes with a star. Calculate each week's average in the last column.

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

2. Weekly Sleep & Energy Summary

Summarize each week's sleep and energy. Hours = avg per night. Quality 1-5. Energy 0-10. This reveals sleep/pain correlations over the month.

Week	Avg Hours	Avg Quality (1-5)	Avg Energy (0-10)	Sleep Issues This Week
1				
2				
3				
4				
5				

3. Medications & Treatments This Month

List every medication, therapy, or intervention used this month. Note start/stop dates, dosage changes, and overall effectiveness.

Medication / Treatment	Dose	Frequency	Start/Stop	Relief (0-10)	Side Effects

4. Weekly Functional Impact

Rate each area 0-5 per week (0 = no difficulty, 3 = significant difficulty, 5 = unable). Shows how pain affects daily life across the month.

Week	Self-Care	Housework	Walking	Work/School	Social	Exercise	Overall
1							
2							
3							
4							
5							

5. Trigger Pattern Tracker

Tally how many days each trigger was present. Seeing monthly totals reveals which triggers appear most often alongside high-pain days.

Trigger	Week 1	Week 2	Week 3	Week 4	Week 5	Monthly Total
Weather changes						
High stress						
Poor sleep						
Physical overexertion						
Prolonged sitting/posture						
Food / alcohol						
Hormonal cycle						

6. Monthly Mood & Wellbeing Trend

Rate weekly averages for mood, anxiety, and stress. Track the emotional dimension of chronic pain over the full month.

Very Low

Low

Fair

Good

Very Good

Week	Avg Mood (0-10)	Avg Anxiety (0-10)	Avg Stress Level	Notes / Patterns
1				
2				
3				
4				
5				

7. Monthly Summary & Analysis

Complete at month end. This summary is the most clinically valuable section — it's what your provider reads first.

PAIN & FUNCTION

Monthly average pain (0-10): _____

Highest pain / week #: _____

Lowest pain / week #: _____

Number of flare days (6+): _____

Trend vs last month: _____

Biggest functional impact: _____

TREATMENT & GOALS

Most effective treatment: _____

Least effective treatment: _____

Most common trigger: _____

Medication changes made: _____

Improvement vs last month? _____

Goal for next month: _____

8. Notes for Your Healthcare Provider

Monthly patterns, treatment concerns, medication requests, questions for your next appointment, and goals you want to discuss.

Monthly Observations, Patterns, and Questions

Tips for Better Monthly Tracking

Record your daily pain number each evening -- 30 seconds keeps a full month of data accurate.

Circle flare days on the calendar so patterns are visible at a glance when reviewing with your provider.

Compare month-over-month to judge treatment effectiveness. | Try Pain Tracker Pro (paintracker.ca) for automatic analysis.