

# Endometriosis Pain Log

Comprehensive 6-page endo tracking template — cycle-mapped pain, GI symptoms, bladder issues, fatigue, medication response, and gynecologist-ready summaries.

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

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

## Pain Scale Reference (0–10 NRS)



## Cycle & Pain Tracking

Cycle Day 1 = first day of period. Track pain and symptoms throughout your ENTIRE cycle — endo symptoms often occur outside menstruation.

## Endo-Specific Symptom Tracking

Rate each 0-10 or mark present (Y). These symptoms distinguish endo from primary dysmenorrhea.

## GI Symptom Detail (Endo-Related)

Endometriosis commonly affects the bowel. Track GI symptoms with cycle day — patterns help differentiate endo from IBS.

## Bladder & Urinary Symptoms

## Energy & Fatigue Tracking

## Full Cycle Symptom Map

Track for 2-3 complete cycles. The pattern across all phases helps your gynecologist localize endo involvement.

Phase	Cycle Days	Avg Pain	Worst Symptom	GI Issues?	Bladder Issues?	Function Impact
Menstrual	1-5					
Follicular	6-13					
Ovulation	14-16					
Luteal (early)	17-21					
Luteal (late)	22-28+					

### Cycle Observations & Patterns

## Medication & Treatment Log

Track hormonal treatments (GnRH agonists, oral contraceptives, progestins), pain medications, and GI medications separately. Note cycle day for each entry.

## Non-Medication Treatments

Track heat therapy, pelvic floor physio, TENS for pelvic pain, dietary changes (low-FODMAP, anti-inflammatory), and acupuncture.

## Treatment Effectiveness Summary

Rate each treatment by cycle phase. Endo treatments often work differently in different phases. Track 2-3 complete cycles before judging hormonal treatments.

## Functional Impact Assessment

Rate each activity: 0 = Unable, 5 = Significant difficulty, 10 = Full capacity. Note your cycle day — function often varies by cycle phase.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Work / school attendance							
Standing tolerance							
Walking tolerance							
Exercise ability							
Sexual activity impact							
Social activities							
Household tasks							
Concentration / focus							
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
Showering / bathing							
Dressing (abdominal comfort)							
Meal prep (standing + GI tolerance)							
Housework (bending, lifting)							
Grocery shopping / errands							
Intimate relationships							
Sleep quality (1-5)							

## Cycle-Phase Patterns & Accommodations Needed

## Weekly Summary — Endometriosis

Complete at end of each week. Bring to appointments. This page tells your doctor how the week went.

Week of: \_\_\_\_\_

Average Pain Level (0-10): \_\_\_\_\_

Worst Day (date + level): \_\_\_\_\_

Best Day (date + level): \_\_\_\_\_

Flare Days This Week: \_\_\_\_\_

Sleep Quality Average (1-5): \_\_\_\_\_

Cycle day range this week: \_\_\_\_\_

Period days this week: \_\_\_\_\_

GI symptom days: \_\_\_\_\_

Days missed work/school: \_\_\_\_\_

## Pattern Observations

Worst cycle days and why: \_\_\_\_\_

GI symptoms correlation with cycle: \_\_\_\_\_

Hormonal treatment response this cycle: \_\_\_\_\_

Activities that worsened or helped pelvic pain: \_\_\_\_\_

## Questions for Next Appointment

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Cycle Observations & Gynecologist Questions

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