

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)



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.

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.

Non-Medication Treatments

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

Treatment Effectiveness Summary

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

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
