

# Pain Diary Template

Comprehensive daily pain tracking template. Record pain levels, location, symptoms, medications, and triggers.

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

Daily Pain Log

Complete one row per day. Rate pain on the 0–10 scale. Note the primary location and any triggers.

Date	Time	Pain (0-10)	Location	Duration	Triggers	Medications	Relief?

Symptom Tracking

Date	Sleep Quality	Fatigue (0-10)	Mood	Activity Level	Appetite	Other Symptoms

### Additional Notes & Observations

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### Weekly Summary

Average pain level this week: \_\_\_\_\_

Worst pain episode: \_\_\_\_\_

Most effective relief: \_\_\_\_\_

Questions for next appointment: \_\_\_\_\_