

Nerve Pain Symptom Log

Track burning, tingling, numbness, and shooting pain for neuropathy conditions.

Name: _____

Date Range: _____

Pain Scale Reference (0–10 NRS)

0

1

2

3

4

5

6

7

8

9

10

0 = No Pain

5 = Moderate

10 = Worst Possible

Nerve Pain Symptom Log

Track specific nerve pain types: B=Burning, T=Tingling, N=Numbness, S=Shooting, E=Electric shock.

Date	Pain (0-10)	Type (B/T/N/S/E)	Location	Duration	Trigger	Medication	Relief

Sensation Changes

Date	Numbness Areas	Tingling Areas	Weakness	Balance	Temperature Sens.	Touch Sens.

Observations & Questions for Neurologist