

Monthly overview for tracking long-term trends and treatment effectiveness.

Date Range: _____

Write your average daily pain (0-10) in each cell. Circle days with flares. Mark medication

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

0 = No Pain 5 = Moderate 10 = Worst Possible

What worsened?

Goals for Next Month