

# Chronic Pain Diary Template

Designed for long-term chronic pain tracking with baseline and flare documentation.

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

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

## Pain Scale Reference (0–10 NRS)



## Baseline & Flare Tracking

Track your baseline (typical) pain and mark flare episodes separately. This helps distinguish patterns.

## Daily Impact & Coping

## Medication & Treatment Log

## Weekly Summary & Doctor Questions