

# PAIN & FATIGUE JOURNAL

This journal is designed to help you track symptoms, spot patterns, and feel more prepared — whether you're managing things on your own, preparing for a doctor's visit, or just trying to make sense of what your body's telling you.

You can use it every day, once a week, or whenever you need to. There's no wrong way to use this. It's here to support you — not overwhelm you.

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SCAN FOR DIGITAL VERSION



OR VISIT:

[KINDSCRIPT.DEV](https://kindscript.dev)

V1.0 - AUG 2025

# PAIN & FATIGUE JOURNAL - DAILY ENTRY

Use this page to track how you're feeling. You don't need to fill out every field.  
This journal is here to support you. You're doing great.

 **Date** \_\_\_\_\_

 **Location** (e.g. *lower back, neck, legs*) \_\_\_\_\_

 **Severity (1-10)** 1 2 3 4 5 6 7 8 9 10  **Pain**  
 **Fatigue**

 **Description** (e.g. *dull ache and stiffness, worse in the morning*)  
\_\_\_\_\_  
\_\_\_\_\_

 **What triggered it?** (e.g. *overexertion, stress, lack of sleep*)  
\_\_\_\_\_  
\_\_\_\_\_

 **What helped?** (e.g. *heating pad, rest, movement*)  
\_\_\_\_\_  
\_\_\_\_\_

 **Impact on your day** (e.g. *missed work, stayed in bed, hard to focus*)  
\_\_\_\_\_  
\_\_\_\_\_

 **Other notes / patterns** (e.g. *similar to last week, worsened by weather*)  
\_\_\_\_\_  
\_\_\_\_\_

 **Tags (optional)** (e.g. *sleep quality, weather, stress, flare-up, new symptom*)  
\_\_\_\_\_

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# PAIN & FATIGUE JOURNAL - WEEKLY REFLECTION

At the end of the week, take a moment to reflect. This can help you spot patterns or prepare for a check-in with your doctor — or just get a clearer picture for yourself.

 **Week of:** \_\_\_\_\_

 **Most frequent/intense symptom this week:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 **Any patterns in timing or triggers?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 **What worked best for relief?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 **Impact on daily life (work, home, rest):**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 **Questions or concerns (if any) for your doctor:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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# PAIN & FATIGUE JOURNAL - MONTHLY TRACKER

Use this page to spot patterns or trends over time. You can jot down a severity number, circle days with symptoms, or use your own symbols — whatever feels most helpful.



**Month:**

Mon Tues Wed Thurs Fri Sat Sun

<b>Week 1</b>							
<b>Week 2</b>							
<b>Week 3</b>							
<b>Week 4</b>							
<b>Week 5</b>							



**Legend / Key**



**Notes:**

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# PAIN & FATIGUE JOURNAL - NOTES

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