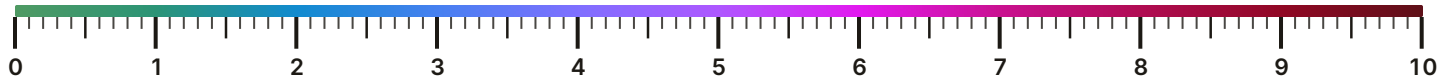
Pain record

One week, starting _____



0 No pain **10** Worst pain imaginable

Pain from 0 to 10, to two decimal places when that is truer, such as 4.25. Leave a missed time blank: a gap is part of the record.

Day 1 Date _____

Time	Pain, 0 to 10	Where	What helped, if anything	Notes
Morning at				
Afternoon at				
Evening at				
Night at				

That night: to bed _____ up _____ woke _____ times

Day 2 Date _____

Time	Pain, 0 to 10	Where	What helped, if anything	Notes
Morning at				
Afternoon at				
Evening at				
Night at				

That night: to bed _____ up _____ woke _____ times

Day 3 Date _____

Time	Pain, 0 to 10	Where	What helped, if anything	Notes
Morning at				
Afternoon at				
Evening at				
Night at				

That night: to bed _____ up _____ woke _____ times

This week, to remember or to bring to a visit

Day 4 Date _____

Time	Pain, 0 to 10	Where	What helped, if anything	Notes
Morning at				
Afternoon at				
Evening at				
Night at				

That night: to bed _____ up _____ woke _____ times

Day 5 Date _____

Time	Pain, 0 to 10	Where	What helped, if anything	Notes
Morning at				
Afternoon at				
Evening at				
Night at				

That night: to bed _____ up _____ woke _____ times

Day 6 Date _____

Time	Pain, 0 to 10	Where	What helped, if anything	Notes
Morning at				
Afternoon at				
Evening at				
Night at				

That night: to bed _____ up _____ woke _____ times

Day 7 Date _____

Time	Pain, 0 to 10	Where	What helped, if anything	Notes
Morning at				
Afternoon at				
Evening at				
Night at				

That night: to bed _____ up _____ woke _____ times

Free to print and copy, from nociflux.com/tools/pain-diary

It gives no diagnosis, cause or advice.