

My
PAIN TRACKER



Although the world is full of suffering,
it is full also of the overcoming of it.

— Helen Keller

Daily Pain Tracker

DATE: _____

MON TUE WED THU FRI SAT SUN

Did I wake up in pain? Yes ☐ No ☐

SEVERITY

1

2

3

4

5

6

7

8

9

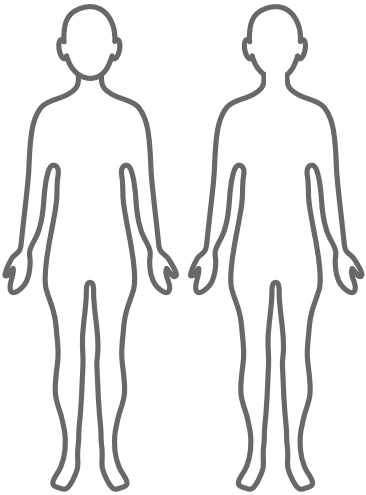
10

MY RELIEF STRATEGIES TODAY

Med/Action	Time	Effect

Front

Back



PAIN DETAILS

TIME	BODY AREA	PAIN TYPE	TRIGGER	DURATION	SEVERITY
					12345 678910
					12345 678910
					12345 678910
					12345 678910
					12345 678910

Other Symptoms

DATE: _____

MON TUE WED THU FRI SAT SUN

TIME	SYMPTOM	POSSIBLE TRIGGER	DURATION	SEVERITY
				12345 678910
				12345 678910
				12345 678910
				12345 678910
				12345 678910

WHAT I ATE

TIME	FOOD/DRINK

WHAT I DID

TIME	ACTIVITY



Pain Log

DATE: _____

MON TUE WED THU FRI SAT SUN

DATE/ TIME	BODY AREA	PAIN TYPE	TRIGGER	DURATION	SEVERITY
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10
					1 2 3 4 5 6 7 8 9 10



Daily Check-in

DATE: _____

MON TUE WED THU FRI SAT SUN

STRESS LEVEL

1

2

3

4

5

ANXIETY LEVEL

1

2

3

4

5

MOOD

How am I feeling this morning?



Great



Good



Okay



Not good



Awful

How am I feeling this afternoon?



Great



Good



Okay



Not good



Awful

How am I feeling this evening?



Great



Good



Okay



Not good



Awful

SLEEP

Sleep Quality

1

2

3

4

5

Sleep Duration

Today I'm grateful for:



Monthly Notes

MONTH _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

EXTRA NOTES



Weekly Notes

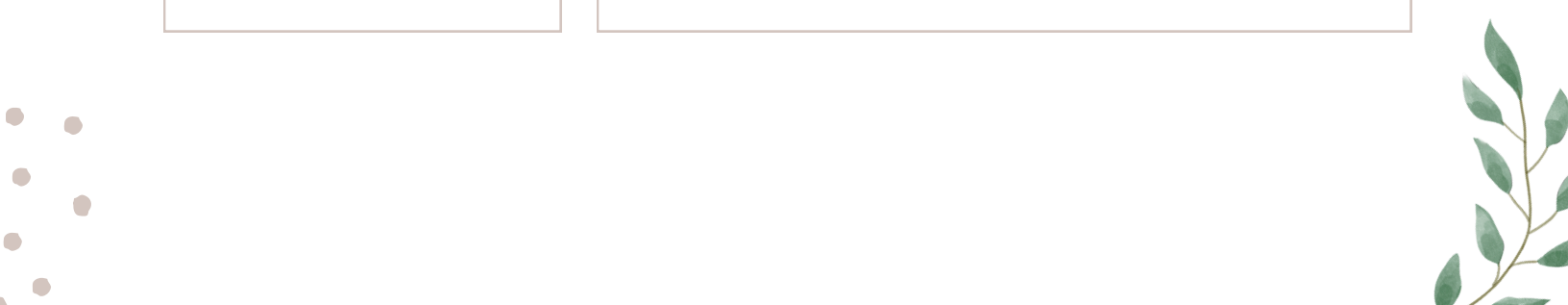
DATE: _____

MON TUE WED THU FRI SAT SUN

DAY 1	DAY 2	DAY 3

DAY 4	DAY 5	DAY 6

DAY 7	NOTES



2023

CALENDAR

Jan

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Feb

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Mar

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Apr

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Jun

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Aug

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sep

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Oct

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Nov

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Dec

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						