

Pain diary

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

A pain diary may help you and your doctor find out what makes your pain better or worse. Use the diary and pain scale below to keep track of when you have pain, how bad it is, and what you are doing to treat it.

Pain intensity scale:

0	1	2	3	4	5	6	7	8	9	10
No pain	Mild			Moderate			Severe		Worst pain imaginable	

Daily diary

Date:	
Time:	
Pain scale rating:	
Medicine and dose:	
Medicine side effects:	
What made the pain better today?	
What made the pain worse today?	

Daily diary

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Time:	
Pain scale rating:	
Medicine and dose:	
Medicine side effects:	
What made the pain better today?	
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