

Pain Tracking

Why track your pain?

Knowing what happened before, during, and after a period of pain can help you better cope with your symptoms and communicate with your doctors about them.

It can also be good to see if different treatments are helping.

How to use:

Make copies of the following page to track where your pain is, what it feels like, what happened right before your pain, what you are doing to cope, and if the pain got better or worse.

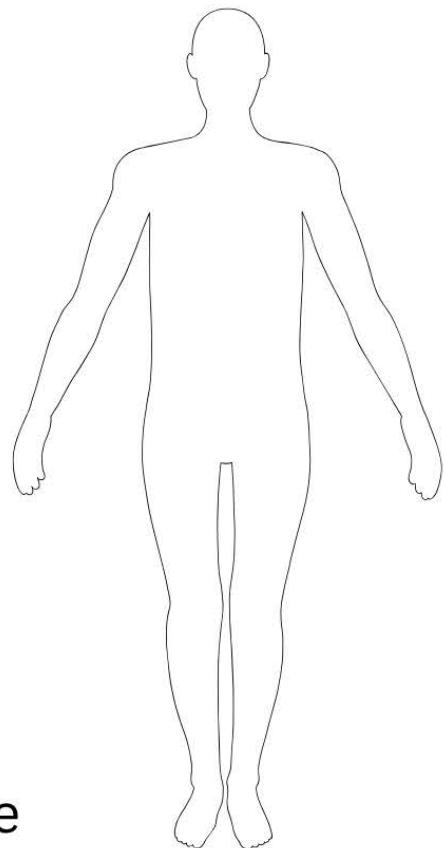
You may want to add new sections or not fill out others - that is okay! Use this tool in whatever way makes the most sense for you.

Pain Tracking

Date: / /

Time: : am/pm

Where is your pain on your body?



How would you rate your pain?



What were you doing before this pain started?

Eating Working Relaxing Cleaning Sleeping
Exercising Showering Other: _____

What are you/will you do to manage your pain?

Rest Heat/Ice Exercise Distraction Medication
Deep Pray Other: _____
Breathing

How well did this management work for you?

