

Pain diary

Record your pain for one week and bring this to your appointment

How to use this diary

- ☐ Score your pain from 0 (no pain) to 10 (worst imaginable) morning and evening
- ☐ Note activities that made the pain better or worse
- ☐ Write down any medicines taken and how much they helped

Your week

Day	Pain score (AM / PM)	Where was the pain?	Activities	Medicines taken	Sleep (hours)
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Notes for the doctor

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