

Pain diary

Fill in what you want to, in the evening or whenever suits you. An empty box is fine too.

Week of _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	_____	_____	_____	_____	_____	_____	_____
Pain today 0 to 10	on average _____ at its worst _____	on average _____ at its worst _____	on average _____ at its worst _____	on average _____ at its worst _____	on average _____ at its worst _____	on average _____ at its worst _____	on average _____ at its worst _____
Where it hurt							
Got in the way of things circle one	hardly somewhat a lot	hardly somewhat a lot	hardly somewhat a lot	hardly somewhat a lot	hardly somewhat a lot	hardly somewhat a lot	hardly somewhat a lot
Tension circle one	hardly any some a lot	hardly any some a lot	hardly any some a lot	hardly any some a lot	hardly any some a lot	hardly any some a lot	hardly any some a lot
Mood circle one	low so-so okay	low so-so okay	low so-so okay	low so-so okay	low so-so okay	low so-so okay	low so-so okay
Sleep last night circle one	poorly so-so well	poorly so-so well	poorly so-so well	poorly so-so well	poorly so-so well	poorly so-so well	poorly so-so well
What was going on activity, weather, stress							
What helped							
Medicine, if any what, dose, when							
	Eased it? yes a bit no	Eased it? yes a bit no	Eased it? yes a bit no	Eased it? yes a bit no	Eased it? yes a bit no	Eased it? yes a bit no	Eased it? yes a bit no

0 — no pain, 10 — very strong. Words for how it feels: aching, pulling, pressing, tight, throbbing, sharp, burning, tingling, numb, heavy, dull, warm, cold, moving around. What may help: rest, movement, warmth, breathing, company, prescribed medicine.

Tidealong · the same diary as a free app, no account. Not a medical device.



Pain moments

When you want to note pain right away: the time, a number, and anything else you like.

Date, time	Pain, circle one	Where	What it felt like	What was going on	What helped	Medicine, dose
	0 1 2 3 4 5 6 7 8 9 10					
	0 1 2 3 4 5 6 7 8 9 10					
	0 1 2 3 4 5 6 7 8 9 10					
	0 1 2 3 4 5 6 7 8 9 10					
	0 1 2 3 4 5 6 7 8 9 10					
	0 1 2 3 4 5 6 7 8 9 10					
	0 1 2 3 4 5 6 7 8 9 10					
	0 1 2 3 4 5 6 7 8 9 10					
	0 1 2 3 4 5 6 7 8 9 10					

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