

Pain Diary

Use this diary to keep track of your pain so you can share the results with your healthcare provider. Fill in the chart and take it with you to your next appointment so your healthcare provider can better understand your pain experiences.

Pain score: Rate your pain 0 through 10
(0=no pain; 5=moderate; 10=severe)

Date	Symptoms	Pain Score	Notes
<i>Ex: 8/1/18</i>	<i>Lower back pain</i>	<i>3</i>	<i>Pain flared up after grocery shopping</i>