

Monthly Pain Diary

One page, one month. Two seconds a day — rate the whole day, not its worst moment.

Month _____ Year _____

THE DAY AS A WHOLE

One mark per day, in the row that fits. A blank day is **unknown** — not a good day.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Severe																															
Moderate																															
Mild																															
Bearable																															
None																															

Severe — if you've been there, you know · **Moderate** — intrudes; plans get canceled · **Mild** — noticeable, but the day goes on · **Bearable** — you have to go looking for it · **None** — your ideal state

SYMPTOMS — IN YOUR OWN WORDS

Name them the way you'd say them out loud. Mark the days each one showed up.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

ACTIVITIES & SUSPECTS

Mark the day you did it, ate it, or it happened. The bill for a big day usually arrives a day or two later — look back from each bad day.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

THE MONTH IN COUNTS

— fill this in on the last day. It's the sentence you say at your next appointment.

Days logged _____ of 31 Moderate-or-worse days _____ last month _____ Worst stretch _____

The day before the worst days looked like _____

Suspect to test next month _____ What changed since last visit _____

