

Pain Diary

Keeping a Pain Diary can help you learn how to better manage your pain. This page contains an example of how to fill out the diary and the following pages are blank diary pages, enough for one month, which you can make notes on three times each day.

The point of the keeping the diary is to help you learn to identify factors which may affect your pain experience. If you are able to identify such factors you may then be able to change those factors and as a result change your pain experience

Please take a look at the example pain diary below, take a look at the blank pages which follow, and ask your provider to answer any questions you may have about how to use the diary.

Pain Diary Example for Week Starting: 1/7/2013

Date	Sleep Quality Last night (Poor, Fair, Good)	Stressors (Details)	Changes in Daily Routine (Medications, Work, Family, etc.)	Formal Quieting Practice (Type/Duration)	Informal Quieting Practice (Details)	Pain Medication Taken	Exercise (None, Minimal, Moderate, Vigorous)	Pain Level (0 – 10)
Sun. AM	Poor	Argument with spouse	Started Cymbalta	PMR/30 minutes	Mindful walking for 5 min.	Hydrocodone 7.5mg Cymbalta 30mg	Walking from parking lot to work	5/10
Mid-day		Feeling overwhelmed by work			Mindful eating during lunch	Hydrocodone 7.5mg	None	4/10
Evening				PMR/30 minutes	Cue-controlled relaxation at work	Hydrocodone 7.5mg	Walking from work to parking lot	3/10

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Fri. AM								
	<i>Mid-day</i>							
	<i>Evening</i>							
Sat. AM								
	<i>Mid-day</i>							
	<i>Evening</i>							

Notes and Observations:

Pain Diary

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