## Pain Diary & Symptom Tracker

Use this diary to record your daily pain levels, possible triggers, and what you tried to relieve the pain. Bring it to each pain management appointment. This helps your care team understand patterns and adjust your treatment plan.

Date	Pain Score	Location of Pain	Possible	What Helped	Notes / Other
	(0–10)	Pain	Triggers (activity,	(meds, rest, heat, etc.)	Symptoms
			food, stress)	neat, etc.	Symptoms
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Tips for Using Your Pain Diary:

- Record entries at the same time each day (morning, evening, or both).
- Be specific about pain location (e.g., lower back, right knee).
- Note triggers such as certain foods, weather changes, or activity levels.
- Include all relief methods tried, including medications, stretching, or relaxation techniques.

This content was created with the assistance of AI. Any AI-generated content was reviewed by a Nurse Practitioner.