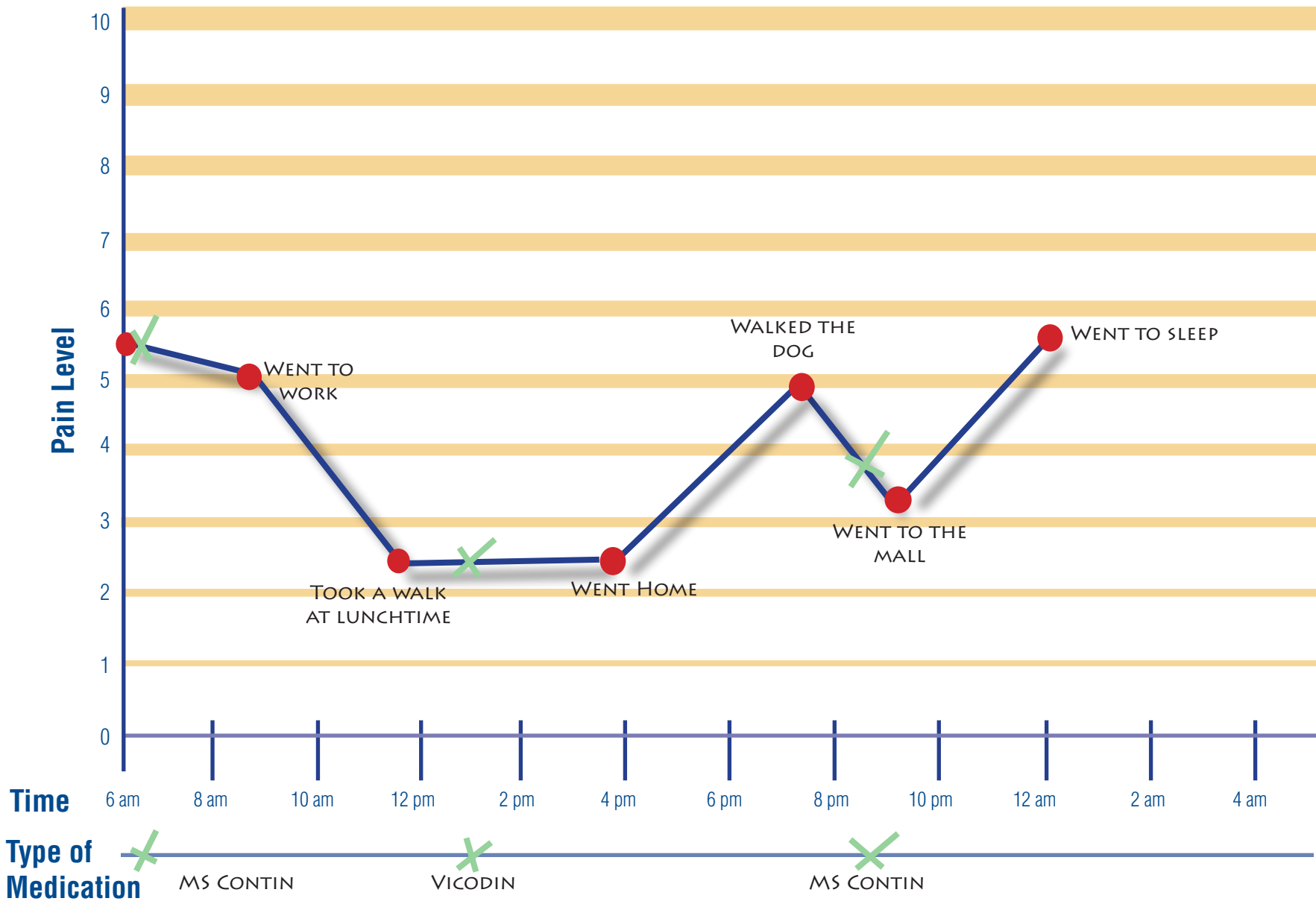


Sample Pain and Activity Tracking Log



Day of the week/date: FRIDAY, FEBRUARY 27

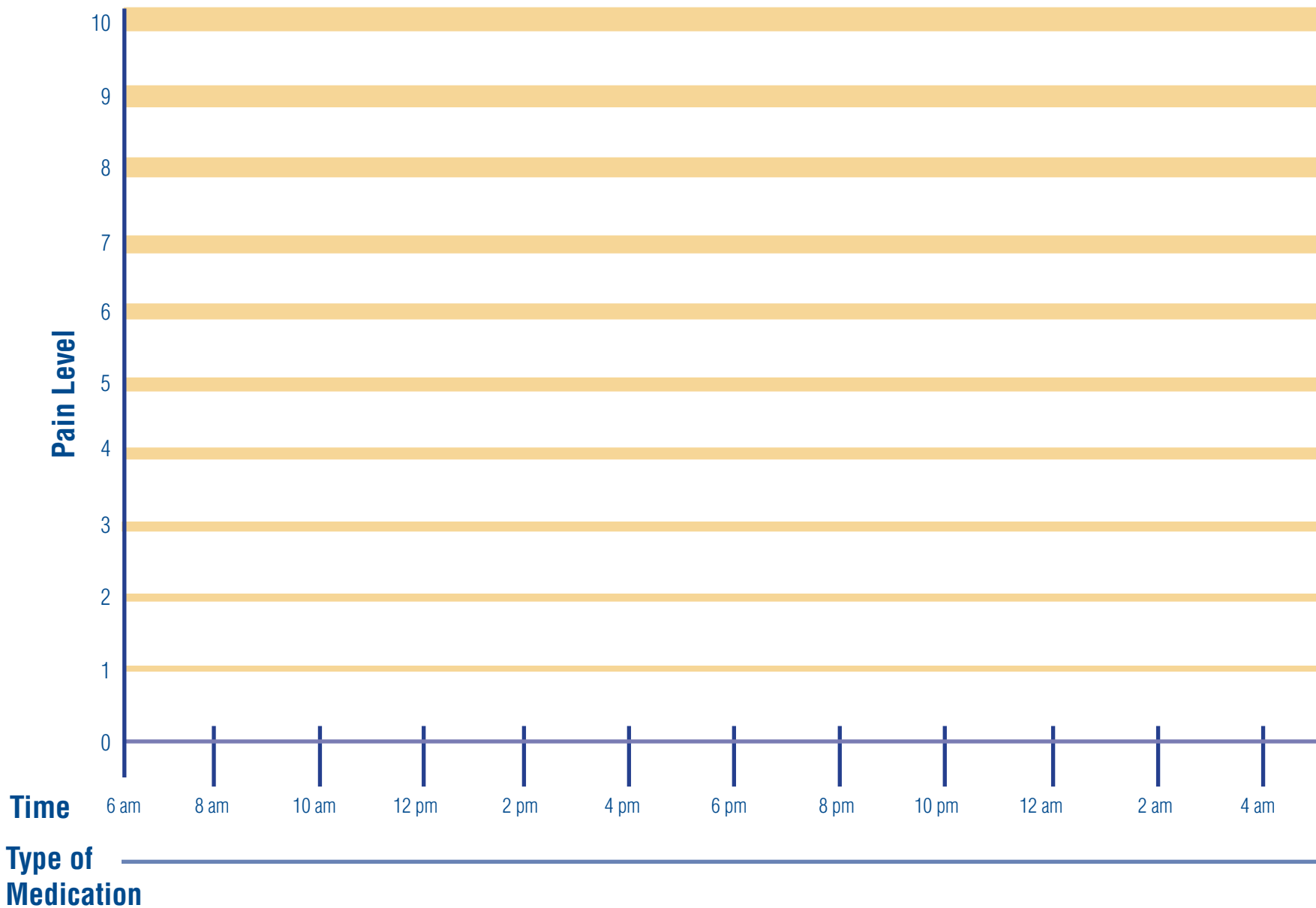


How to use this tracking log: In the chart above, indicate any time during the day that you experienced pain by making a dot corresponding with the time and the level of your pain. Then, add in the type of activity that you were doing when you experienced pain. As you add an activity, draw a line to connect the dots. On the line underneath the chart, use an "X" to indicate the time that you took your pain medication, and the type of medication that you took. Also place an "X" on the line used to connect your pain scores. Using this log will help you and your healthcare provider to understand the triggers that might be causing your pain, and will help to ensure that you are receiving adequate pain treatment.

Pain and Activity Tracking Log



Day of the week/date: _____



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