

Many things can affect your pain. These can include stress, sleep, money worries, and even the weather. When you and your doctor both understand what makes your pain worse, you can begin to work together on ways to reduce or deal with your pain “triggers.”

On this page, mark the number that most closely matches your experience with each item over the last several weeks.

Live Better with Pain Log

Date _____

Name _____

Pain Level



No Pain

1

2



3

4



5

6



7

8



Worst Pain

9

10

Stress



No stress

1

2



3

4



5

6



7

8



Very Stressed

9

10

Exercise



Exercise daily

1

2



3

4



5

6



7

8



No exercise

9

10

Activity



Normally active

1

2



3

4



5

6

7

8



No activity

9

10

Sleep



Fully rested

1

2



3

4



5

6



7

8



Poor-quality sleep

9

10

Appetite



Normal appetite

1 2 3 4 5 6 7 8 9 10

No appetite

Mood



Cheerful & calm

1 2 3 4 5 6 7 8 9 10

Depressed, anxious

Interaction/isolation



Lots of interaction with family & friends

1 2 3 4 5 6 7 8 9 10

Always alone

Alcohol Use (drinks each day)



None

1 2 3 4 5 6 7 8 9 10

1 or 2

3 or 4

5 or 6

7 or more

Finances



No money worries

1 2 3 4 5 6 7 8 9 10

Serious money worries