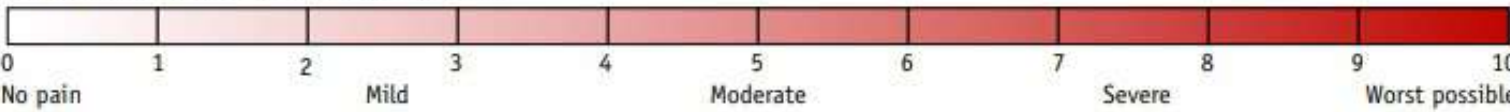


# Daily Pain Diary

Use this diary to record details about your pain, including how you treated it and how effective the treatment was. This will help you keep track of what works and what doesn't. Show this to your doctor at your next appointment so your doctor can better understand your pain level and what you're doing about it.

Use this scale to rate the severity of your pain.



Week of:	Time	Where was the pain?	Rate from 0 to 10, and describe	What were you doing when the pain started or increased?	Medicine or supplements: What did you take and how much?	Other therapies you tried (heat, relaxation, meditation, etc.)	One hour later, rate pain again	Any other effects? Comments?	Overall, how was your pain today?
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									

**Reference:** Adapted from the AGS Foundation for Health in Aging