

Date/ Time	Activity	Pain scale before activity	What total amount of what Medication was used and at what time?	Pain scale after activity. Other therapies, modalities or tools were used? What helped with pain management? What made it worse? How long did pain last for?

Use Pain Diary to:

- ➔ Identify your triggers
- ➔ Use words to describe your pain (what kind)
- ➔ Record **when** and **how** much pain you have
 - Rate pain on a scale of 1-10 (how much)
- ➔ Track the nature and pattern of pain
- ➔ Set measurable goals