

Pain Diary

			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Pain Level	Morning							
		Afternoon							
		Evening							
		Night-time							
	Comments								
Week 2	Pain Level	Morning							
		Afternoon							
		Evening							
		Night-time							
	Comments								
Week 3	Pain Level	Morning							
		Afternoon							
		Evening							
		Night-time							
	Comments								
Week 4	Pain Level	Morning							
		Afternoon							
		Evening							
		Night-time							
	Comments								

Use the Stanford Pain Scale – 1 – Very Mild 2- Discomfort 3- Tolerable 4 – Distressing 5 – Very Distressing 6 – Intense Pain 7 – Very Intense 8 – Horrible 9 – Excruciating 10 – Unimaginable