Chronic Pain Diary Template

A chronic pain record built to separate baseline burden from flare rupture and show what each one costs.

Routing Note

Need: Chronic pain is rarely one flat line. There is baseline, escalation, survival, and whatever gets called normal afterward.

Tool: Use it when you need to separate the usual burden from the flare and show what each one does to the day.

Rule: Do not let flare days vanish into the average. The rupture is part of the proof.

Name: _____

Date Range: _____

Pain Scale Reference (0–10 NRS)

0	1	2	3	4	5	6	7	8	9	10

0 = No Pain 5 = Moderate 10 = Worst Possible

Baseline & Flare Tracking

Track your baseline (typical) pain and mark flare episodes separately. This helps distinguish patterns.

Date	Baseline (0-10)	Flare? (Y/N)	Peak Pain	Flare Duration	Trigger	Treatment Used

Daily Impact & Coping

Date	Sleep Hrs	Fatigue	Mood	Activities Done	Activities Missed	Coping Methods

Free to print and share. Not medical advice.

Date	Sleep Hrs	Fatigue	Mood	Activities Done	Activities Missed	Coping Methods

Medication & Treatment Log

Date	Medication	Dose	Time	Relief (0-10)	Side Effects	Notes

Weekly Summary & Doctor Questions

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