

Endometriosis Pain Log

A cycle-linked record for pelvic pain, GI spillover, fatigue, bleeding shifts, and endo patterns that refuse to stay tidy.

Routing Note

Need: Endometriosis can scatter pain across the cycle and across body systems. This sheet keeps the timing from disappearing.

Tool: Use it for pelvic pain, bowel or bladder pain, bleeding shifts, GI symptoms, fatigue, and cycle-linked flares.

Rule: Do not split the story into neat little parts if your body is not living it that way.

Name: _____

Date Range: _____

Pain Scale Reference (0–10 NRS)



Cycle-Linked Pain Record

Cycle Day 1 = first day of bleeding. Track pain and symptom spillover across the cycle, not just the obvious days.

Date	Cycle Day	Pain (0-10)	Pelvic Pain	Back Pain	Bloating	GI Issues	Fatigue

Where Endo Spilled Over

Date	Pain w/ Periods	Pain w/ Sex	Pain w/ Bowel	Bladder Pain	Heavy Bleeding	Spotting	Mood

Date	Pain w/ Periods	Pain w/ Sex	Pain w/ Bowel	Bladder Pain	Heavy Bleeding	Spotting	Mood

Treatment response and cycle notes
