

Daily Pain Tracker

A single-day proof sheet for spikes, meds, activity, sleep, and the exact turns a hard day took.

Routing Note

Need: Some days need a tighter lens. This sheet is for the day that changed shape in real time and needs a clean trail.
Tool: Use it for flare days, new treatments, crashes, or any day you will not trust memory to reconstruct later.
Rule: Catch the turns. Morning, spike, med, crash, partial recovery. That sequence matters.

Name: _____

Date: _____

Provider / Clinic: _____

Pain Scale Reference (0–10 NRS)



Morning Check-In

Complete when you wake up. Establishing a baseline helps you and your provider spot trends.

Overnight pain (0-10): _____

Sleep hours: _____

Sleep quality (1-5): _____

Morning stiffness (mins): _____

Morning pain (0-10): _____

Energy level (1-5): _____

Pain Episodes

Log each notable pain episode. Quality examples: sharp, dull, burning, throbbing, aching, stabbing, tingling.

Time	Pain (0-10)	Location	Quality / Type	Duration	Trigger / Activity

Medications & Treatments

Record everything taken or applied today. Include over-the-counter meds, exercises, heat/ice, etc.

Time	Medication / Treatment	Dose / Duration	Relief (0-10)	Side Effects

Activity & Function Impact

Rate difficulty: 0 = no difficulty, 5 = could not do. Track how pain affects your daily life.

Activity	Difficulty (0-5)	Pain Before (0-10)	Pain After (0-10)	Notes
Self-care (bathing, dressing)				
Housework / chores				
Walking / mobility				
Work / school				
Social / family				
Exercise / physical activity				

Mood & Energy

Circle one:

Very Low

Low

Neutral

Good

Very Good

Energy level (1-5): _____

Stress level (1-5): _____

End-of-Day Summary

Complete before bed. This summary helps providers quickly review your day.

Worst pain today (0-10): _____

Average pain today (0-10): _____

Worst time of day: _____

Best time of day: _____

Most effective treatment today: _____

Biggest barrier / frustration: _____

Notes, Observations, and Questions for Provider

Rules for the Hard Day Record

Catch the turn when it happens. | Good days belong here too because they show what held.

Bring this sheet when memory is thin. | Use PainTracker for the same record with less drag.