

Monthly Pain Tracker

A long-view tracker for the month that blurred together and still needs to become evidence.

Routing Note
Need: A month tells you whether the system is changing or whether life just feels blurred together. This sheet is for the long proof.
Tool: Use it across med changes, rehab blocks, claims timelines, cycles, seasons, or any stretch where trend matters more than one bad day.
Rule: You are not chasing daily perfection here. You are building pattern visibility.
Name: _____ Month/Year: _____ Provider: _____

Pain Scale Reference (0–10 NRS)

0

1

2

3

4

5

6

7

8

9

10

0 = No Pain5 = Moderate10 = Worst Possible

1. Monthly Pain Calendar

Write your average daily pain (0-10) in each cell. Circle days with flares (6+). Mark medication changes with a star. Calculate each week's average in the last column.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Avg
1								
2								
3								
4								
5								

2. Weekly Sleep & Energy Summary

Summarize each week's sleep and energy. Hours = avg per night. Quality 1-5. Energy 0-10. This reveals sleep/pain correlations over the month.

Week	Avg Hours	Avg Quality (1-5)	Avg Energy (0-10)	Sleep Issues This Week
1				
2				
3				
4				
5				

3. Medications & Treatments This Month

List every medication, therapy, or intervention used this month. Note start/stop dates, dosage changes, and overall effectiveness.

Medication / Treatment	Dose	Frequency	Start/Stop	Relief (0-10)	Side Effects

4. Weekly Functional Impact

Rate each area 0-5 per week (0 = no difficulty, 3 = significant difficulty, 5 = unable). Shows how pain affects daily life across the month.

Week	Self-Care	Housework	Walking	Work/School	Social	Exercise	Overall
1							
2							
3							
4							
5							

5. Trigger Pattern Tracker

Tally how many days each trigger was present. Seeing monthly totals reveals which triggers appear most often alongside high-pain days.

Trigger	Week 1	Week 2	Week 3	Week 4	Week 5	Monthly Total
Weather changes						
High stress						
Poor sleep						
Physical overexertion						
Prolonged sitting/posture						
Food / alcohol						
Hormonal cycle						

Trigger	Week 1	Week 2	Week 3	Week 4	Week 5	Monthly Total

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6. Monthly Mood & Wellbeing Trend

Rate weekly averages for mood, anxiety, and stress. Track the emotional dimension of chronic pain over the full month.

Very Low	Low	Fair	Good	Very Good
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Week	Avg Mood (0-10)	Avg Anxiety (0-10)	Avg Stress Level	Notes / Patterns
1				
2				
3				
4				
5				

7. Monthly Summary & Analysis

Complete at month end. This summary is the most clinically valuable section — it's what your provider reads first.

PAIN & FUNCTION

Monthly average pain (0-10): _____

Highest pain / week #: _____

Lowest pain / week #: _____

Number of flare days (6+): _____

Trend vs last month: _____

Biggest functional impact: _____

TREATMENT & GOALS

Most effective treatment: _____

Least effective treatment: _____

Most common trigger: _____

Medication changes made: _____

Improvement vs last month? _____

Goal for next month: _____

8. Notes for Your Healthcare Provider

Monthly patterns, treatment concerns, medication requests, questions for your next appointment, and goals you want to discuss.

Monthly Observations, Patterns, and Questions

Monthly Rules

A short daily entry is enough to stop the month from collapsing into one vague memory.

Mark flare days hard. They are rupture points, not just bad moods on a calendar.

Month-over-month comparison is where treatment either earns trust or loses it. | paintracker.ca