
PAIN LOG

Foods, drugs, activities, and other things can affect your pain level—for better or for worse. To see how any of these might be affecting your pain, record your pain level on a scale of 1–10 at least three times a day, and fill in the rest of the columns in this table with relevant details. Over a couple of weeks, you may start to see patterns that can guide you and your doctor.

DATE	TIME	PAIN LEVEL	WHAT I ATE	DRUGS AND DOSES	ACTIVITY (WHAT AND HOW LONG)	ANYTHING ELSE (PEOPLE, STRESSES, SLEEP, FUN, ETC.)

Diabetes Self-Management, “Managing Chronic Pain” by David Spero, RN

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