

Pain Diary Template

City Pain Center | Bring this to your next appointment

This is a tracking tool, not a diagnostic one. It helps your provider understand your situation faster, it doesn't replace an evaluation. Fill it out for three to five days before your visit, a full week if you can manage it, and bring it with you, at City Pain Center or anywhere else.

Part 1: One-Time Intake

Fill this out once, before your first tracked day.

When did this pain first start? (approximate date, or "gradual onset")

Was there a specific injury or event, or did it start gradually?

Where exactly is the pain? (be specific: right lower back, left knee, etc.)

Does the pain travel anywhere else? (e.g., down the leg, into the shoulder)

What treatments or medications have you already tried for this, and what happened?

What activities are hardest because of this pain right now?

Part 2: Daily Tracking (7 Days)

One row per day. Keep entries short, a few honest words per cell beats an elaborate log you stop updating. Include at least one typical day and one worse-than-usual day if that happens.

Date	Time of day	Pain (0-10)	Location	What you were doing	What helped	What made it worse	What it stopped you from doing

Bring the filled-out sheet, or a photo of it, to your appointment. You don't need to summarize it out loud, handing it over often communicates the pattern faster than describing it from memory.

Free to use whether or not you're a City Pain Center patient. Learn more at citypaincenter.com